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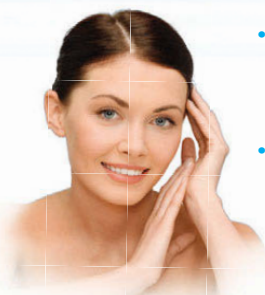
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Welcome
 Lynne McTaggart and Bryan Hubbard
 Editors



The people's choice:
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The quantum cook

Last month, WDDTY was saddened to learn of the passing of Dr Annemarie Colbin, one of its panel members, a visionary in the natural-food movement and a dear friend.

In 1977, in need of income to support her young daughters, Annemarie started the Natural Gourmet Cookery School in the kitchen of her Upper West Side apartment. As the school likes to advertise, she was teaching kale and quinoa before the general public had ever heard of it.

Nearly 40 years later, the Natural Gourmet Institute for Health and Culinary Arts, as it's now known and which long ago moved to its own premises in Manhattan, became one of the top schools in America for natural cookery. It was also the first and only natural-foods cooking school accredited by the New York State education department to offer a chef's training programme in the subject, graduating to date more than 2,500 natural gourmet chefs from 45 nations.

Annemarie was one of the early proponents of a wholefood diet, and was instrumental in popularizing the natural-foods movement as the key to a long and healthy life. "Change your diet, and you change your life," she would say.

Early on, she was suspicious of 'fake' foods. "To insure you have good food, cook it yourself: Teach kids to cook at home from scratch, not the microwave. Value the importance of families sitting down and eating together," she said, a vital message in an age where TV and mobile phones have replaced the art of conversation.

Annemarie went on to author a number of best-selling books, including *Food and Healing*, her masterpiece, became a visiting professor at a variety of universities, and numbered among her students John Lennon and Yoko Ono. Lennon's famous stay-at-home, bread-baking phase probably began in Annemarie's kitchen.

Annemarie was steely tough, largely due to adversity. She had been born in the Netherlands during World War II, and once spoke of the fear she'd felt as a young child, huddled in a basement among strangers during the war. Only after knowing her for years did we learn that her first child had

died in a fire, started by a careless babysitter, and that she had nearly lost her second, before going on to have a third.

Although an early visionary of the natural-foods movement, in other parts of her life she was a late bloomer. In her 60s, she decided to get a PhD, choosing, as her subject, quantum biology and the effect of food on this quantum system. She became adjunct professor of nutrition at Empire State College and Touro College and, fascinated by the new physics, president of the Friends of the Institute of Noetic Sciences.

Also relatively late in life—her mid-40s—she found lasting love. She began dating Bernard Gavzer, an NBC producer then in his mid-60s, which is where our paths crossed; Gavzer was a good friend and colleague from my days as a young investigative reporter in New York.

For both, who'd each been married twice before, it was third time lucky. They got married when Bernie was in his early 70s, Annemarie in her early 50s. "We'll have maybe 10 good years together," she said. In the event, their partnership lasted some 25 years—a testimony to the fact that it's never too late.

They were also a testimony to how to model a modern family. The five children they had between them all adored each other and became close friends; each year at Thanksgiving, Bernie and Annemarie, with their former partners and all their joint children and grandchildren, would celebrate the holiday together. She was in her late 60s and he in his 80s, and they were having the time of their lives.

Bernie died at home at 90 after a short illness. Six months later, Annemarie began complaining of heart failure and, although generally suspicious of conventional medicine, she was persuaded to undergo open-heart surgery. She had a stroke on the operating table and never fully recovered. After a second stroke this year, she died at 72.

Annemarie was an extraordinary pioneer to whom this magazine owes an enormous debt for all her prescient ideas. Ultimately, she outlived her far older husband by just two years, dying—in our view—of a broken heart. True love proved to be her best recipe of all.

Lynne McTaggart



Dr Annemarie Colbin

10 minutes to stronger bones³⁴

No need for the gym: prevent bone loss with these nine simple yoga moves

HPV vaccine: new dangers revealed²⁶

The jab to prevent cervical cancer has been linked with serious adverse reactions and even death

Why low-cal sweeteners make you fat⁴⁰

Swapping sugar for artificial sweeteners could be knocking out your insulin regulators

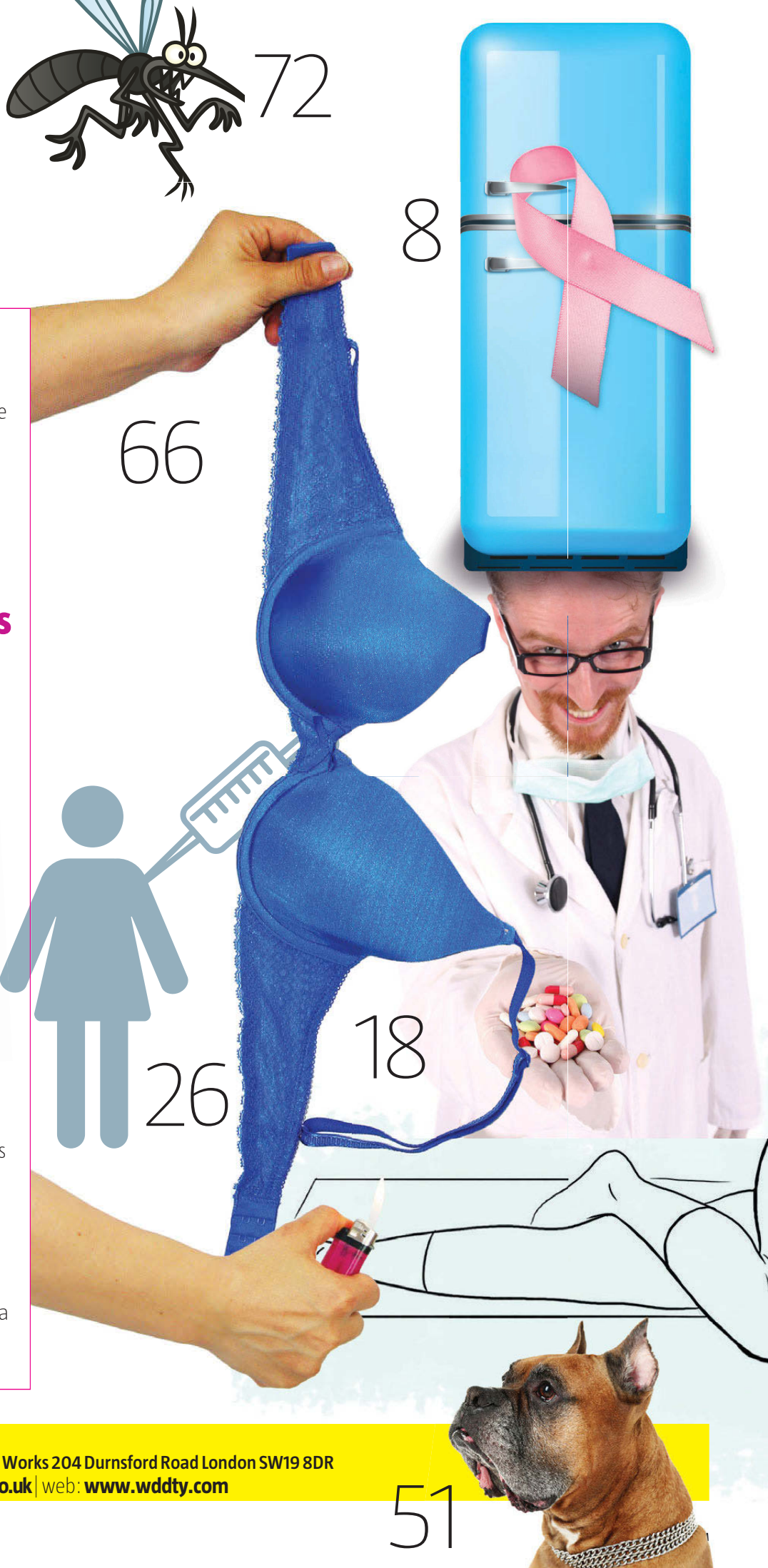


Recipe for better breast health⁶⁶

Christiane Northrup offers 13 ways to keep breasts in top shape

'How I beat Lyme disease'⁶⁰

Wendy Anderson recovered from debilitating symptoms thanks to her own detective work and a non-conventional approach



Your views are important to us. Please contact us at:

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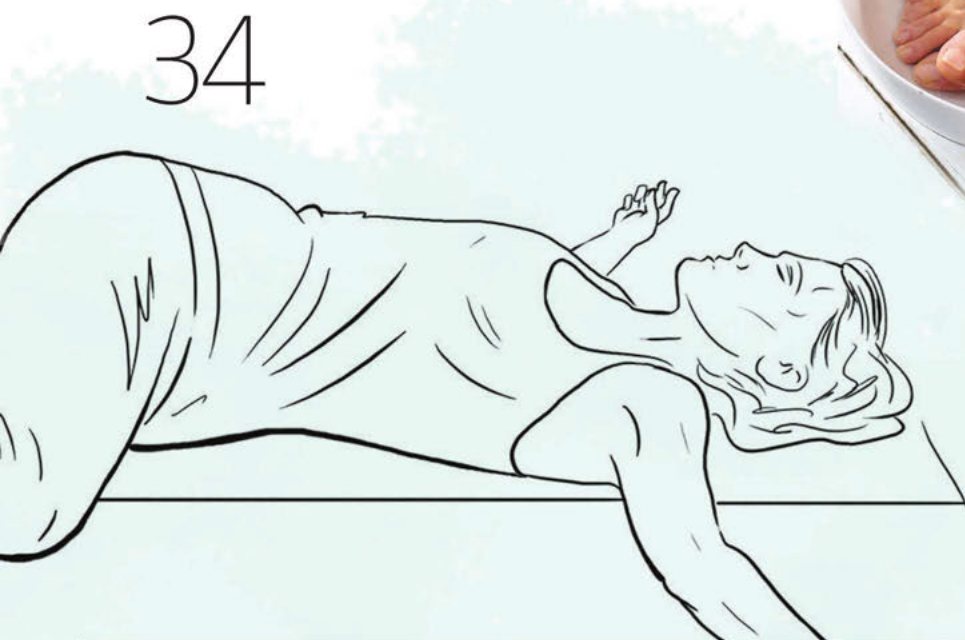
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Sarah Kiener was strapped down in a high-security ward after suffering a memory lapse



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HEALTH FACTS
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Walking for
**40 minutes
a day** lowers
your risk of death by

40%

Drinking **2 cups
of coffee** daily
can **halve the
risk** of breast
cancer recurring

The **HPV vaccine**
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**20,000
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WHAT DOCTORS DON'T TELL YOU

Editorial Panel

What Doctors Don't Tell You is supported by some of the world's leading pioneers in nutritional, environmental and alternative medicine. Each is an authority in his or her field; many have broken new ground and inspired new practices in medicine.



Dr. John Mansfield, one of Britain's leading pioneers in allergy, food sensitivities and clinical ecology, founded the Burghwood clinic, which researches and treats allergy and environmental illness. Former president of the British Society for Allergy and Environmental Medicine, Dr. Mansfield has authored numerous papers on allergies and several popular books on migraine, asthma and arthritis.



Dr. Patrick Kingsley, a specialist in nutritional and environmental medicine for 25 years, focused on 'treating the incurables', especially those with cancer and multiple sclerosis, through a holistic approach involving diet, supplements and general lifestyle overhaul. Now retired and writing about his successful treatment regimes, he has authored numerous books, including his latest, *The New Medicine*.



Dr. Jean Monroe, medical director of the Breakspear Hospital, is an internationally recognized specialist in environmental medicine, including such conditions as chronic fatigue syndrome, Lyme disease and multiple chemical sensitivity. She is Fellow of the American Academy of Environmental Medicine and a Board Certified US examiner.



Dr. Damien Downing, whose practice specializes in allergy, environment and nutrition, is current president of the British Society for Ecological Medicine and on the editorial board of *Orthomolecular Medicine News Service*. Chief Medical Advisor of cancer charity Yes to Life (www.yestolife.org.uk), he is also the author of numerous books, including *The Vitamin Cure for Allergies*.



Dr. Harald Gaier, arguably the UK's most knowledgeable practitioner of the major alternative medical disciplines, is registered in the UK as an osteopath, homeopath, acupuncturist, naturopath and medical herbalist. Former director of medical research at The Hale Clinic and the Diagnostic Clinic and a committee member of the Prince of Wales' Foundation for Integrated Health, Dr. Gaier is author of numerous scientific papers and *The Encyclopedia of Homoeopathy*.



Dr. Michel Odent, a French-trained surgeon and obstetrician, is the foremost pioneer of the natural birth movement, emphasizing home and water birth. Founder of the Primal Health Research Centre in the UK, he has written some 50 scientific papers and 11 books, now in 21 languages.



Dr. Melvyn Werbach, trained as a psychiatrist, is an expert in nutritional and botanical influences on illness and mental illness. He has held a faculty appointment in psychiatry at the UCLA School of Medicine, served as president of the Biofeedback Society of California in 1977, and authored numerous books, including the award-winning *Nutritional Influences on Mental Illness*.



Dr. Jonathan Wright, medical director of the Tahoma Clinic in Renton, Washington, pioneered nutritional medicine in the US. A board member of the American Preventive Medical Association (APMA) and the International College of Advanced Longevity Medicine, he has published 11 books.



Dr. Sarah Myhill has worked in the NHS and private practice since qualifying from the Middlesex Hospital Medical School in 1981. For 17 years she was the Honorary Secretary of the British Society for Ecological Medicine (renamed from the British Society for Allergy, Environmental and Nutritional Medicine), a medical society interested in environmental causes of disease and non-drug treatments. She helps run the Society's training courses and lectures regularly on topics such as chronic fatigue syndrome.



Janet Balaskas, who named and inspired the Active Birth Movement in the 1970s, helped to revolutionize many maternity practices around the world. Janet is the founder and director of the Active Birth Centre in North London and the author of nine books including *Active Birth*, *Preparing for Birth with Yoga* and *Easy Exercises for Pregnancy*.



Craig Sams is co-founder of Whole Earth Foods, a leading organic food company, and founder and President of Green & Blacks Organic Chocolate. Currently he is chair of the Soil Association, executive chairman of Carbon Gold Ltd, a carbon sequestration business based on the use of biochar as a soil improver, and a trustee of the Slow Food Trust UK. He is also the author of four books, including *The Little Food Book*.



Sally Bunday is founder of the the Hyperactive Children's Support Group, the first organization to draw attention to the role of diet and nutrition, particularly the effect of food additives and essential fatty acid deficiencies, in childhood behaviour problems. The registered charity has helped thousands of families of children with attention deficit/hyperactivity issues since it started more than 30 years ago.

HAVE
YOUR
SAY



Our fight against fluoridation

Dear WDDTY In Bedford, a group of concerned people are fighting to stop fluoride being reintroduced into the water by Anglian Water after a gap of some years.

According to the World Health Organization, it provides no benefits and could be harmful. Eventually, Bedford Council will decide on the matter.

We object to being medicated via our water with a toxic substance. No one in the country should have to drink water that has been shown to cause numerous health problems to young and old alike.

Mrs S. McKay, Bedford

Clarifying omega oils

Dear WDDTY Dr Mercola's excellent article in your March 2015 edition contains information about omega oils which I feel needs clarification. From the narrative, the reader is led to believe that omega-6s are inflammatory and omega-3s are anti-inflammatory, and that one needs to reduce the former and take more of the latter.

The impression given is that we don't need to consider omega-6 oils as we already have far too much. This is wrong. All processed foods, as Dr Mercola states, are loaded with omega-6 oils. However, around 50 per cent of these are considered to be damaged, oxidized, dangerous, derivative oils that the body cannot use. In other words, unless we take raw, organic, unprocessed omega-6 oils, we may well not be consuming enough usable omega-6 oils.

Just taking omega-3 in this scenario would overload the body with the one oil and deprive it of the other.

There are no cases reported of epithelial cancers caused by the body trying to get rid of excess omega-3 by dumping it into the skin, colon, etc—where

virtually no omega-3 should be present; the skin mainly contains omega-6!

To promote krill oil as the omega-3 source is highly questionable. The oil from fish is processed and cannot be compared to plant-based organic oils, as fish oils contain derivatives designed for fish to use. Where is the logic, and where are the studies that show krill oil to be more beneficial than flax oil?

Dr David J.J. Cowan, London

Informed vaccine choices

Dear WDDTY It is becoming clear to parents, at long last, that vaccines are more harmful than beneficial. Illnesses such as smallpox and diphtheria have been eradicated. Whooping cough, measles, mumps and rubella are all manageable and only temporary—lasting one to 23 weeks at the most for the last three, although possibly whooping cough can last up to six weeks.

These vaccines will produce eczema, asthma, epilepsy, hyperactivity, dyslexia, cancer and cot death. These are all long-lasting, permanent and terrifying for the baby. They all start to happen from immediately after the jabs are given to up to six weeks after, and continue indefinitely, although cancer may take four to six months to become obvious. Childhood cancers are rising rapidly—prior to these frequent vaccines, they were non-existent.

The vaccines can all contain cow's lymph, monkey's testicular fluid, sheep's red blood cells, and lymph from chickens, guinea pigs, rats and mice. An analysis of the contents of children's vaccines should be asked for and studied by the parents prior to making the choice.

Further information on all this can be obtained from the website www.vaccineinfo4parents.co.uk. Please tell all your friends who have a baby about this site, so they can read it before they agree to a

vaccine. It contains many papers by intelligent doctors and medical journalists, and quotes from their books.

To take all this information further, do contact WDDTY with your own experience if your baby has suffered any side-effects that become apparent after having a vaccine.

Belinda Barnes, West Sussex

Animal studies upsetting

Dear WDDTY I found the articles in WDDTY June 2015 very engaging, but it amazes me how much money is poured into pointless scientific experiments on drugs and food. I am referring to Longo's experiments in California on mice and the effect of fasting during chemotherapy, and the testing in North Carolina on macaque monkeys with antidepressants.

We have always known there are no drugs without side-effects; drugs only work by speeding a reaction up or slowing it down within the body. I'm no scientist, but I was always told that one 'feeds a cold and starves a fever', thus allowing the body to heal before loading it with the added stress of digestion. The natural instinct is to fast while the body is going through a healing process.

The finding that antidepressants cause atherosclerosis in monkeys is a new one, but an SSRI is supposedly only prescribed for a short amount of time; are we actually surprised that it would be troublesome to prescribe it for years on end? Do we need the suffering of animals to illustrate this? It's high time that scientists looked to alternatives rather than torturing animals in their millions!

Thank you for being transparent, WDDTY, and giving us essential information, allowing us to make informed choices, but although well presented, the articles are not always a pleasurable read!

Tracy Ferriss, Twickenham

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UPFRONT

Two simple things to help you live longer

Here are two easy activities you can introduce into your daily life that could make a big impact on your health: if you're sitting around at the office or home most of the time, get up and walk for just two minutes every hour; and replace one sugary drink every day with water or an unsweetened cup of tea or coffee.

Just walking for two minutes every hour reduces your risk of premature death by a third, while cutting out one sweetened drink a day will lower your chances of developing diabetes by as much as 25 per cent, two separate studies have found.

In the exercise study, researchers were surprised that such a modest change could have such a major benefit. Previous studies had emphasized the importance of moderate and intensive exercise and for longer periods.

Although people should still aim for 150 minutes of moderate exercise each week, just standing up and walking around for two minutes every hour can improve heart health, lower the risk of diabetes and lower the overall risk of premature death by one-third, say researchers from the University of Utah School of Medicine, who followed the health and physical activity of 3,626 volunteers for three years.

The other simple change is to cut out one sugary drink a day and replace it with a glass of water or a cup of unsweetened tea or coffee. Sugary drinks include sugar-sweetened juices, sweetened milk drinks and artificially sweetened soft drinks like diet colas.

There's around a 22 per cent increased risk of diabetes for every sugary drink you have each day, especially if it's something you do regularly, say researchers from Cambridge University.

Exercise: Clin J Am Soc Nephrol, 2015; pii: CJN.08410814; sugary drinks: Diabetologia, 2015; doi: 10.1007/s00125-015-3572-1

**WALKING
FOR JUST
TWO
MINUTES
EVERY HOUR
REDUCES
YOUR RISK OF
PREMATURE
DEATH BY
1/3**

The French paradox solved: it's the cheese

Why do the French have such low rates of heart disease when they eat so much meat? It's known as the 'French paradox' (although it might be because the fats/heart disease theory is wrong)—and scientists reckon they've figured it out. It's all to do with another staple of the French diet: cheese.

Cheese seems to help generate the compound butyrate, a natural cholesterol fighter, say researchers from Aarhus University in Denmark. Cheese seems to be unique among dairy products in having this quality. Milk and butter don't have the same benefits, the researchers found, when they analyzed urine and faecal samples from 15 healthy men. Only the cheese-eaters had increased levels of butyrate in their samples. Butyrate is produced by gut bacteria (the microbiota), which appear to get a biological helping hand from cheese.

Their findings throw into question the saturated fats/heart disease theory, said lead researcher Hanne Bertram.

J Agric Food Chem, 2015; 63: 2830-9



Being grateful reduces heart disease risk

Being grateful for the people and things in our lives gives us an enormous health boost. Gratitude puts us in a better mood, improves our sleep, makes us less tired and lowers our risk for heart disease. It even reduces the chances of a second heart attack in those who have suffered heart failure in the past, researchers from the University of California in San Diego have discovered.

Gratitude lowers biomarkers of inflammation, which are related to heart health and a range of other chronic problems too.

The researchers studied the impact of spiritual beliefs and gratitude in 186 men and women who had been diagnosed with heart failure, and whose heart attacks had caused heart damage. During the eight weeks they kept a 'gratitude diary', in which they wrote down the things for which they were grateful, the participants' inflammatory biomarkers fell, so reducing their risk of a second attack. They also reported a range of other health benefits, including improved sleep, better mood and feeling less tired.

Say the researchers, gratitude is part of a wider outlook on life that is more positive and often spiritual.

Spiritual Clin Pract, 2015; 2: 5-17

Homeopathy eases pain in cancer patients 10-fold

Homeopathy dramatically improves mental and physical wellbeing in cancer patients being treated with chemo- or radiotherapy, a new study has discovered.

Half of 410 cancer patients were prescribed individualized homeopathic remedies, and reported "significant improvements" in their levels of fatigue and pain, and had better appetites, than those who weren't given the remedies. Improvements were eight to 15 times greater in those receiving homeopathy, say researchers from the Medical University of Vienna.

All of the patients were being treated for stage 3 or 4 cancer, and were interviewed every week while taking the remedies, and the improvements in the homeopathic group were very noticeable compared with the group not taking homeopathy.

Overall health was 10 times better in the homeopathic group over the three weeks the remedies were taken.

Complement Ther Med, 2015; <http://dx.doi.org/10.1016/j.ctim.2015.03.004>



Why apples and green tea prevent cancer

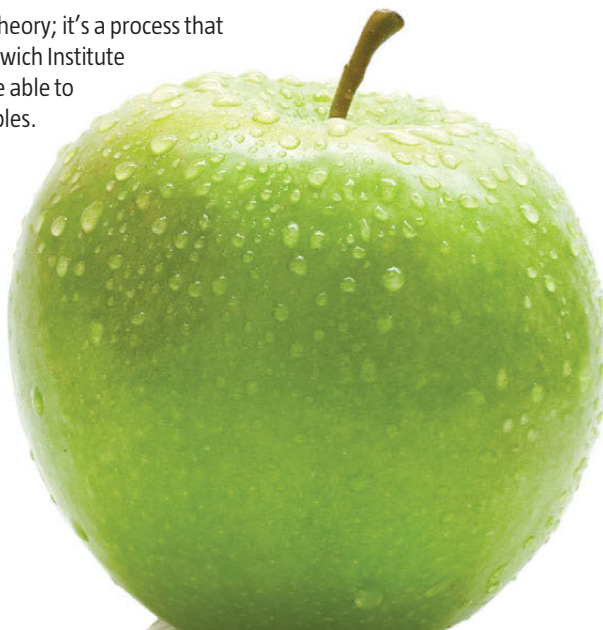
We all know that eating plenty of vegetables and fruits, and drinking green tea, is good for us, but apples and green tea can also prevent cancer, heart attack and stroke in particular.

Green tea and apples are rich in compounds called 'polyphenols', and these have a protective effect by blocking a signalling molecule called 'vascular endothelial growth factor'. VEGF is the main driver behind blood-vessel formation (angiogenesis), a process responsible for cancerous growth as well as the buildup of plaque in arterial walls, which can lead to heart attacks and strokes.

And this is not just theory; it's a process that researchers at the Norwich Institute of Food Research were able to observe in blood samples.

Polyphenols also activate another enzyme that helps promote nitric oxide in the blood, which helps to relax blood vessels and prevent arterial damage.

Mol Nutr Food Res, 2015; 59: 401-12



HEALTH FACT #1

It may be today's health fad—but it really might make a difference to your wellbeing. A daily bowl of quinoa could reduce your risk of a premature death from cancer, heart disease, respiratory disease and diabetes by 17 per cent, a new study has found. In fact, eating 1.2 ounces (34 grams) of any of the wholegrains, such as wheat and oats, could have a similar benefit.

Newborns do feel pain (quick, tell the doctor)

This will astonish no one except doctors: babies feel pain as much as adults do—and perhaps even more so. Yet, not believing this simple fact, doctors perform surgery on newborns without the use of pain relievers.

This practice was commonplace up into the 1980s—although, to this day, 60 per cent of babies still receive no pain medication before surgery—and was based on the belief that newly born infants had not yet developed the neural pathways that transmit pain signals.

But a study from Oxford University has finally overturned this idea. Researchers used functional magnetic resonance imaging (fMRI) to monitor the brains of 10 newborns and 10 healthy adults while poking the soles of their feet with a rod. It was like being poked with a pencil, the researchers said, and not so painful that it would wake up the infants.

Despite being asleep, the babies' brains showed similar pain responses as the adults': 18 out of 20 of the same brain regions were seen to be responding in the infants, the researchers said. In fact, the babies' brains had the same response to a weak poke as the adults did to a poke that was four times greater, suggesting the babies were more sensitive.

"Thousands of babies across the UK undergo painful procedures every day, but there are often no local pain-management guidelines to help clinicians. Our study suggests that not only do babies experience pain, but they may be more sensitive to it than adults," said research team leader Dr Rebecca Slater.

Newborns experience an average of 11 painful procedures in the first days of life and yet 60 per cent receive no pain medication, a 2014 survey discovered. Back in the 1980s, medication was never given before a surgical procedure on a newborn.

Elife, 2015; 4; doi:10.7554/elife.06356



BREAST CANCER NEWS #1

Two cups of coffee can stop breast cancer recurrence

Women who have had breast cancer can halve the risk of it recurring if they drink two or more cups of coffee a day. They are also more likely to have smaller tumours and fewer hormone-dependent tumours, say researchers from Lund University in Sweden.

They analyzed data for 1,090 breast cancer patients, including the drugs they were taking and their coffee-drinking habits. Those drinking two or more cups a day had half the risk of recurrence compared with those who drank less or no coffee at all.

The researchers believe that two ingredients in coffee—caffeine and caffeic acid—reduce cell division and increase cell death by switching off the ‘signalling pathways’ that cancer cells need in order to grow and divide.

Coffee also seems to ‘supercharge’ the cancer drug tamoxifen, which all of the women were taking, so making it more effective.

Clin Cancer Res, 2015; 21: 1–11



BREAST CANCER NEWS #2

Resist the midnight snack to reduce breast cancer risk

Resisting the midnight raid on the fridge could lower your chances of developing breast cancer; it’s all to do with fasting and the glucose (sugar) levels in your blood.

Not snacking after your last meal of the evening is a form of mini-fast, which helps stabilize your blood sugar levels. Every three-hour period of fasting (time without eating) reduces glucose levels by 4 per cent, so if you stop eating at 8 pm and don’t have breakfast until 8 am the next day, your glucose levels will have fallen by 16 per cent.

And why does this matter? It’s because cancer feeds off glucose, and the less glucose circulating in your blood, the smaller the energy source available to cancer cells.

“This is a simple dietary change that we believe most women can understand and adopt. It may have a big impact on public health without requiring complicated counting of calories or nutrients,” said researcher Catherine Marinac, from the University of California at San Diego.

Cancer Epidemiol Biomarkers Prev, 2015; 24: 783–9

HEALTH FACT #2

Lettuce may be good for us, but the red-leaved variety may be even better. Red-leaf lettuce seems to deliver antioxidants at a faster rate than the more popular green-leaf variety, researchers have found. Antioxidants help combat free radical molecules, which can cause damage to our cells and lead to health problems such as heart disease.



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Autism is linked to gut problems (so sorry, Andy Wakefield)

Much as the medical community wishes to discredit Andrew Wakefield's theory of the MMR (measles-mumps-rubella) link to autism, research keeps supporting his central argument: autism is somehow related to the gut.

The latest has discovered that children with persistent gastrointestinal (GI) symptoms are more than twice as likely to be autistic. The risk dramatically increases in children who suffer from regular constipation, food intolerance or diarrhoea between the ages of six months and three years, say researchers at Columbia University's Mailman School of Public Health.

But although the connection is clear, not all children with GI problems go on to develop autism any more than autistic children will necessarily have gut issues, cautions lead researcher Michaeline Bresnahan.

Nevertheless, this was one of the key discoveries of Andrew Wakefield, who surmised that the MMR vaccine could be triggering GI problems in the first place.

JAMA Psychiatry, 2015; 72: 466-74



86% of children with measles had been vaccinated

The MMR vaccine is back in the news. Australian parents will lose their welfare benefits if they don't vaccinate their children, while up to 86 per cent of the children who came down with measles during the Disneyland outbreak in California last December were vaccinated, a new study has revealed.

Australian Prime Minister Tony Abbott has announced that parents who refuse to vaccinate their children could lose up to \$11,000-worth of welfare benefits. Parents can currently opt out of vaccinations on medical or religious grounds, or because they are "conscientious objectors". But as of January next year, the conscientious objection opt-out will disappear in Abbott's new 'no jab, no pay' policy. Religious exemptions will also be tightened, as it will apply only to religious bodies "approved by the government".

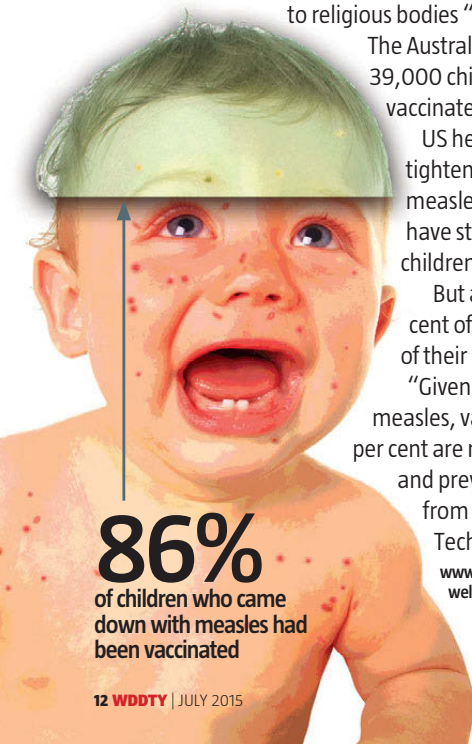
The Australian government estimates that 39,000 children under age seven have not been vaccinated because of opt-outs.

US health authorities are also looking to tighten up on exemptions following the measles outbreak in December, thought to have started at Disneyland, where around 140 children were infected.

But a new study reckons that up to 86 per cent of the affected children had received all of their MMR jabs.

"Given the highly contagious nature of measles, vaccination rates of 96 per cent to 99 per cent are necessary to preserve herd immunity and prevent future outbreaks," say researchers from the Massachusetts Institute of Technology.

www.cnn.com/2015/04/13/asia/australia-anti-vaccination-welfare-cut/; JAMA Pediatr, 2015; 169: 494-5



86%
of children who came down with measles had been vaccinated

Eat three servings of whole grains a day (even though most Brits don't)

More than 80 per cent of Britons aren't eating enough whole grains — like corn, oats, brown rice and rye — for maintaining good health, while one in five aren't eating any at all. Instead, they are consuming refined and processed foods, including white rice and white bread.

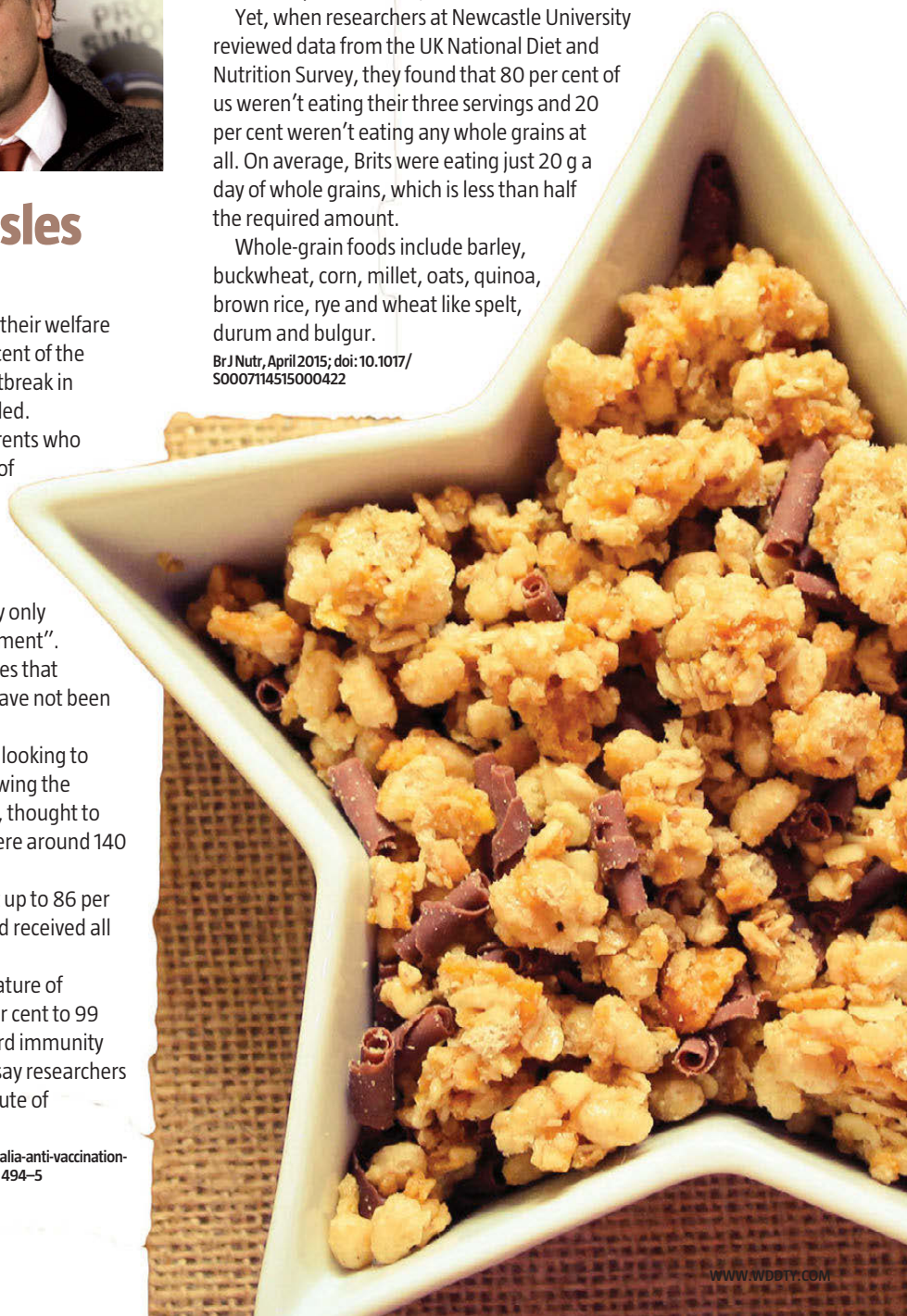
We should be eating three servings, or 48g, of whole grains a day, equivalent to three slices of wholemeal bread or a bowl of porridge, say researchers. A high whole-grain diet has been linked to lower body weight, and may even reduce the risks of cardiovascular disease, diabetes and some cancers.

People who eat plenty of whole grains may also have a less-stressed immune system, with lower white blood cell counts and lower levels of C-reactive protein (CRP), both markers of inflammation.

Yet, when researchers at Newcastle University reviewed data from the UK National Diet and Nutrition Survey, they found that 80 per cent of us weren't eating their three servings and 20 per cent weren't eating any whole grains at all. On average, Brits were eating just 20 g a day of whole grains, which is less than half the required amount.

Whole-grain foods include barley, buckwheat, corn, millet, oats, quinoa, brown rice, rye and wheat like spelt, durum and bulgur.

Br J Nutr, April 2015; doi:10.1017/S0007114515000422





Stay well with a few no-drinking days each week

Drinking the occasional glass of red wine may be good for us — but a new study suggests it's important to have a few non-drinking days in between.

Drinking one or two glasses of alcohol every day greatly increases the risk of developing cirrhosis of the liver, the World Health Organization (WHO) has discovered. The liver disease has previously been associated solely with heavy drinking, and not the frequency at which people drink.

The WHO has reported that 6 per cent of all deaths around the world are caused by drinking alcohol, and most of these are due to alcoholic cirrhosis. Cirrhosis is scarring of the liver caused by long-term damage, and half of all cases are caused by alcohol.

The WHO's researchers analyzed the alcohol consumption and drinking patterns of 193 countries, and found that the frequency of drinking mattered more than the amount of drink.

Presentation at the 50th International Liver Congress 2015 of the European Association for the Study of the Liver, 25 April 2015, in Vienna, Austria

HEALTH FACT #3

The roseroot herb could be a powerful antidepressant, and may even be effective against major depressive disorders, say researchers. Extracts of *Rhodiola rosea*, or roseroot, were as effective as the antidepressant sertraline on a group of 57 people who had suffered two or more major depressive episodes within a few weeks.

Obesity: it's not inactivity, it's fast food

Being overweight has little to do with a lack of exercise, but is almost entirely down to a diet of processed foods and sugary drinks, says a leading heart specialist, who accuses the fast-food industry of duping the public.

The public are being given health guidance that has been corrupted by vested interests, and nutritionally deficient food and drink have become legitimized through celebrity endorsements, says

Aseem Malhotra, a heart specialist at Frimley Park Hospital in Surrey.

Attempts by governments to ban junk-food advertising and to tax sugary drinks have been sabotaged by the food industry, which falsely points the finger at lack of exercise and inactivity for the obesity epidemic. Its tactics are chillingly similar to those of the tobacco industry, which successfully stalled government intervention for 50 years through a system of denial, doubt and confusion, and even buying the loyalty of bent scientists at the cost of millions of lives, he says.

"It is time to wind back the harms caused by the junk food industry's public relations machinery. Let us bust the myth of physical inactivity and obesity. You cannot outrun a bad diet," Dr Malhotra concluded.

Br J Sports Med, 2015; doi:10.1136/bjsports-2015-094911



Singh threatens legal action to stop homeopathy on the NHS

Simon Singh — the freedom-of-speech champion who has tried for three years to get WDDTY banned from stores across the UK — is now threatening legal action against regional health authorities that offer homeopathy on the National Health Service (NHS).



He's asking up to 30 clinical commissioning groups (CCGs) around the UK to review their funding of homeopathic services in their regions. Liverpool's CCG has already promised to evaluate its £30,000 annual spend on homeopathy.

The CCG for North Somerset and South Gloucestershire is high on his list as it spends around £200,000 a year on the Bristol Homeopathic Hospital. The total NHS spend for homeopathy is around £3 million per year.

He is threatening CCGs with legal action if they don't review, and stop, their spending on homeopathy, which he regards as a waste of taxpayers' money.

Mr Singh has approached the CCGs through his 'charity', the Good Thinking Society, which he initially created to sell his own books. Mr Singh's latest book is about that TV family, The Simpsons.

Mr Singh is a champion of freedom of speech in the sciences, and helped to soften the UK's libel laws after being sued by the British Chiropractic Association (BCA) for stating, in a *Guardian* newspaper article, that it was guilty of deliberate dishonesty by promoting fake treatments.

Since then, Mr Singh has made it clear he is a champion of only those things he believes in, and has campaigned to have WDDTY removed from the racks.

So here's what you can do:

Contact the Liverpool CCG and let them know that people want homeopathy on the NHS, and that they shouldn't bow down to bully boys (www.liverpoolccg.nhs.uk/contact_us).

Sign the petition to protect homeopathy in the UK at: www.change.org/p/nhs-greater-glasgow-and-clyde-save-the-glasgow-homeopathic-hospital/u/10652513?tk=p9JUHxcNfC2K09q8M_oyl1G4lloPZRTpNEJD-DOLg6U&utm_source=p petition_update&utm_medium=email.



Maple syrup could be the answer to superbugs

With the scary prospect of the rise of antibiotic-resistant superbugs looming, where can we turn? According to some researchers, to maple syrup, as it seems to turbocharge the current crop of antibiotic drugs.

Taking maple syrup with antibiotics makes bacteria more susceptible to the drugs, say researchers from McGill University in Canada. They reckon the syrup's phenolic compounds are the key ingredients.

So far, they've tested the syrup only in the laboratory, but they are confident it could work when taken by people. Maple syrup extract could even be added to antibiotics in the future, they believe.

The researchers used it on bacteria such as *E. coli* and *Proteus mirabilis*, which causes urinary tract infections. On its own, maple syrup extract was mildly effective against these bacteria, but it had a devastating effect when combined with antibiotics.

It was even effective for killing resistant bacteria that produce biofilms, which makes them difficult-to-treat infections.

The maple syrup was bought at local stores in Montreal before being frozen to make the extract.

Appl Environ Microbiol, 2015; AEM.00239-15

Lack of sunshine increases pancreatic cancer risk

People living near the equator have only one-sixth the rate of pancreatic cancer of those living in more northerly climes — suggesting that sunshine and vitamin D play a key role in the disease. The vitamin may also help protect against breast and colorectal cancers.

The importance of vitamin D, made by the body from sunlight's ultraviolet B radiation, has been demonstrated by researchers from the University of California at San Diego, who also point out that sunlight is by far and away the most important source of the vitamin.

In the food we eat, fatty fish like salmon and tuna are rich sources, while beef liver, cheese and egg yolks provide small amounts.

The significance of strong sunlight is highlighted by the fact that pancreatic cancer is relatively rare around the equator, where it affects just one-sixth of the population compared with populations living further north, where the sun is either weak or rarely seen because of cloud cover.

The researchers examined levels of pancreatic cancer in 172 countries.

J Steroid Biochem Mol Biol, 2015; pii: S0960-0760(15)00101-6

New 'Lyme disease' could be a major health threat

A new tick-borne disease similar to Lyme disease has been discovered in Russia and Asia, including China and Japan. The disease, which has never been seen before, has been described as a substantial health threat.

The tick, which is usually found on goats, can cause fever, headache and tiredness in people who are bitten. The cases identified so far have been successfully treated with antibiotics, especially doxycycline.

Because it has only recently been discovered, no one knows for certain how many people have been affected, says Dr J. Stephen Dumler, professor of pathology at the University of Maryland School of Medicine, who helped make the discovery. He was part of a Chinese team that tested 477 patients in Northeast China who had been bitten by a tick during one month in the spring of 2014. Of those patients, 28 had been infected by the newly discovered tick.

It's thought that the tick responsible for this new disease is a member of the *Anaplasma* family, so the new species has provisionally been dubbed *A. capra* (from Latin for 'goat'). The tick is closely related to the deer tick responsible for Lyme disease, and is found in Eastern Europe and across Russia and Asia.

Lancet Infect Dis, 2015; pii: S1473-3099(15)70051-4



Vitamin E, the vital nutrient to avoid Alzheimer's

It could be the ultimate brain food. Vitamin E is the vital nutrient that's needed to keep the brain healthy and prevent Alzheimer's disease — and it's one that most of us don't get anywhere near enough of in our diets.

If you're not supplementing, it's a difficult vitamin to get from food; it's found in olive oil, almonds, sunflower seeds and avocados. As a result, it's not surprising that around 90 per cent of us have a serious vitamin E deficiency.

Without it, the brain is deprived of its source for maintaining neural health. People depleted of vitamin E also have lower levels of docosahexaenoic acid-containing phosphatidylcholines (DHA-PC) in the cellular membranes of every brain cell; reduced levels are a marker of Alzheimer's, say researchers from Oregon State University.

People whose diets are deficient in vitamin E for most of their lives will have low levels of DHA, a polyunsaturated fat (PUFA). These levels could be 30 per cent lower than they should be for maintaining brain health, the authors estimate.

The vitamin is also essential for creating compounds called lysophospholipids, membrane proteins that, among other things, prevent cell death (apoptosis) and increase cell proliferation.

J Lipid Res, 2015; pii: jlr.M058941



Reverse prostate problems by treating gum disease

Treating gum disease can reduce inflammation in the body, and it may be a way of reversing arthritis and heart disease. And now a new study shows that it's an effective way to treat prostate gland inflammation, or prostatitis.

With prostatitis, the prostate becomes inflamed, and urination is difficult or painful. It will heal with time, but drugs like antibiotics, painkillers and anti-inflammatories are commonly prescribed to help treat it.

But researchers from Case Western Reserve University in Ohio have successfully treated the problem by reducing gum disease and inflammation (periodontitis).

In a study of 27 men with prostatitis, all had moderate-to-severe gum disease. During the eight-week study period, all were treated for gum disease, but not prostatitis, yet 21 of the men had lower levels of prostate-specific antigen (PSA; an inflammatory marker) afterwards. Those with the highest levels of inflammation benefited the most, with symptoms improving or disappearing altogether. Just six of the men reported no improvement of their prostatitis.

Dentistry, 2015; 5: 284; doi:10.4517/2161-1122.1000284

Coenzyme Q10 reduces deaths in heart-failure patients

People who've suffered heart failure can dramatically reduce their chances of dying or suffering more heart problems if they supplement with coenzyme Q10, an important new study has found.

Supplementing with 100 mg of CoQ10 three times a day for two years reduced heart risk by 43 per cent, say researchers in the Q-SYMBIO study.

They recruited 420 patients with chronic heart failure who took a CoQ10 supplement or a placebo pill for two years. At the end of the trial, those taking the supplements were 43 per cent less likely to die or develop another major cardiovascular problem, and 42 per cent less likely to die from any cause. Their heart symptoms also improved over the two years.

The Q-SYMBIO team used supplements supplied by Danish pharmaceutical maker Pharma Nord.

JAm Coll Cardiol, 2014; 2: 641-9



DRUG NEWS

Paracetamol makes us emotional zombies

It's been a bad month for the painkiller paracetamol. Not only doesn't it ease the pain of a bad back or arthritis—two of the main reasons it's used—but it can also make zombies of us by dulling our senses and emotions.

The drug's active ingredient, acetaminophen, seems to flatline our emotions, blocking off both the highs and lows, say researchers from Ohio State University. Yet those taking the drugs aren't aware their emotions are being affected.

They made the discovery after testing acetaminophen on a group of 82 participants, each of whom was given 1,000 mg of the drug or a placebo and then tested for their reactions to a series of photographs, ranging from pleasant to unpleasant. The acetaminophen group consistently reacted less extremely to the images compared with those given the placebo.

Psychol Sci, 2015; doi:10.1177/0956797615570366

Half of adults take aspirin when they shouldn't

More than half of all American adults are taking an aspirin every day—even though it's going against medical advice. Only people who have already had a heart attack or stroke should be taking the drug.

But around 80 per cent of users are healthy and are taking it as a 'just-in-case' remedy.

Aspirin is a blood-thinner and can cause serious—even fatal—stomach bleeding, say researchers from Oregon State University.

They surveyed more than 2,500 people aged between 45 and 75, and 52 per cent said they were taking an aspirin every day, while a further 21 per cent said they had taken the drug regularly at some time in the past.

More worrying, some of those taking daily aspirin were doing so after consulting their doctors, who were evidently disregarding the official medical opinion and advice.

Am J Prev Med, 2015; 48: 501-8

Stop taking the drugs! And then?

What happens when you stop taking drugs when you have a serious medical condition? Not a lot, it seems.

When patients with multiple sclerosis (MS) stopped taking their medication, 60 per cent of them suffered no serious setbacks or recurrence for at least three years. These findings could change the way drugs are used, say researchers from New York University's Langone Medical Center, especially in patients whose conditions are stable.

Almost nothing is known of the progression of stabilized MS, especially when it's not being controlled by drugs, so the researchers monitored the health of 181 patients who stopped their medications to find out. They were watched for a minimum of three years and, during that time, 40 per cent suffered a relapse or return of their symptoms. But the majority were still free of any recurrence of symptoms during the three-year follow-up.

Around 2.3 million people around the world are MS sufferers. It's a disease that affects the central nervous system and causes a range of disabilities, including muscle weakness, pain, coordination problems, and loss of vision and hearing.

Presentation at the American Academy of Neurology Annual Meeting, 21 April 2015, in Washington, DC

Heart drug increases death risk

Digoxin, the heart-failure drug that's been used in medicine in some form for more than 200 years, has just been found to increase the risk of death by nearly 30 per cent.

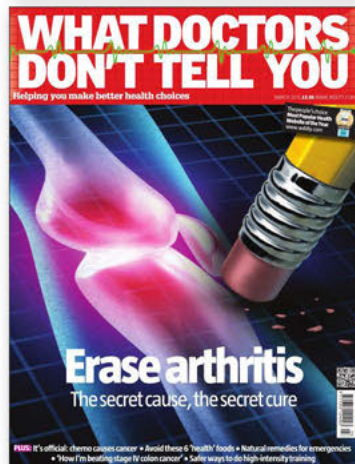
Patients with atrial fibrillation (irregular or fast heart beats) are most at risk, say researchers from J.W. Goethe University in Frankfurt, Germany, with a 29 per cent increased chance of dying. The other group at risk were patients with congestive heart failure (CHF), whose chances rise by 14 per cent. These findings are based on a detailed analysis of 19 studies involving a total of 326,426 heart patients.

Digoxin, the generic name for a range of heart-failure drugs, is included in the World Health Organization's List of Essential Medicines.

Eur Heart J, 2015; pii: ehv143

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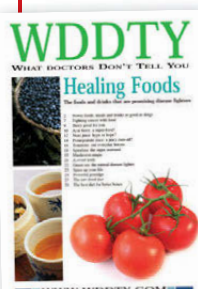
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THE TIMES

"a voice in the silence"

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"information that is scientific yet easy for people to digest"

First, do something

A leading doctors' organization is urging physicians to stop themselves from overtreating and asking patients to keep alert for it

Doctors are among the world's most uncritical enthusiasts. They are constantly on the lookout for some magic bullet that can help to alleviate the mountain of pain and suffering that threatens to overwhelm them every day of their working lives.

When a single drug doesn't sort out a health issue, doctors tend to throw two drugs at the problem in the mistaken belief that, if one does some good, then two will double the benefits. For instance, as few hypertensive patients who receive drug treatment achieve good blood-pressure control, medicine has come up with the idea of a hypertensive drug 'team.' This is particularly the case with the elderly, who are often prescribed up to 10 drugs to take at once.

But now even the medical profession thinks this has all gone too far. The Academy of Medical Royal Colleges admits there is now a goodly amount of evidence that the pressure on doctors to 'do something' in their consultations has led to the adoption of numerous prescribing habits and treatments with little or no proven value—part of the reason why the National Health Service (NHS) is currently so overstretched.

To prevent this kind of overtreatment and reduce the harm caused by too much medicine, an initiative was recently launched in the US and Canada called Choosing Wisely.¹ So far, Australia, Germany, Italy, Japan, The Netherlands and Switzerland have adopted the initiative, and the Academy of Medical Royal Colleges, an umbrella organization

for all of the UK's royal medical colleges, announced in May that Britain is soon to follow suit.

The Choosing Wisely initiative is asking the royal colleges and other medical organizations to identify the tests and procedures commonly used in their speciality that are of little or no benefit. The organizations are also encouraged to work together to figure out their 'top five' questionable tests and interventions, and to encourage their members to stop doing them.

The plan includes promoting the dissemination of these lists and encouraging 'Choosing Wisely conversations' between doctors and their patients.

"These new conversations will rebalance discussions about the risks and benefits of tests and interventions, such that doctors and patients will be supported to acknowledge that a minor potential benefit may not outweigh potential harm," writes Aseem Malhotra, the lead author of the *BMJ* report on the new initiative.

Malhotra, a heart specialist and consultant clinical associate of the Academy of Medical Royal Colleges, encourages patients to question their treatments, using angioplasty as an example. When a group of patients were told the most recent results of a study showing no true benefits from undergoing angioplasty, only 45 per cent of them elected to undergo the procedure, compared with 69 per cent who chose to go ahead when they weren't

informed of the procedure's lack of genuine value.²

Doctors are also being told that, in coming to any treatment decision, they should now factor in the wishes of their patients, rather than bullying them into adopting a treatment they may not want.

The Academy is also attempting to overcome statistical illiteracy among doctors, who often misunderstand the actual benefits of a particular treatment or procedure, or misinterpret the absolute vs relative risks of a treatment.

For instance, in one study of 150 gynaecologists, one-third didn't understand what was meant by the fact that mammograms conferred a risk reduction of 25 per cent, believing the statistic meant that, out of all women screened, 25 per cent fewer would die of breast cancer.

In fact, at best, the relative risks showed that the procedure might prevent one death in every 2,000 women, a statistic that also doesn't take into account all the harm caused by overtreatment resulting from false-positive results.

The Academy does worry that some medical societies will choose the lowest hanging fruit—say, an over-the-counter cough medicine, for their top-five lists, when they should be critically examining major treatments like routine knee replacement and arthroscopy, both of which have evidence of questionable benefit (see our top 10 tests, page 20).

The top five

So which procedures will most likely make it to the top five? According to Peter Gøtzsche, director of the Nordic Cochrane Centre in Copenhagen, psychiatric drugs should be top of the list. They are responsible for the deaths of more than half a million people aged 65 and older in the West every year, he says, and these side-effects and deaths are severely underreported.³

Based on a meta-analysis of studies involving a total of 100,000 patients, Gøtzsche estimated that there were very likely 15 times more suicides among people taking antidepressants than are reported by the US Food and Drug Administration (FDA).⁴

Another study showed that antianxiety drugs like benzodiazepines doubled the death rates among patients suffering from anxiety.⁵ Based on his analyses of death rates in Denmark adjusted to match the statistics from the US and European Union,

Gøtzsche estimated that these drugs alone cause some 539,000 excess deaths a year in just those two regions.

As for drugs for attention-deficit/hyperactivity disorder (ADHD), they trade uncertain short-term relief for long-term harm, he says.⁵

Bottom line? “We could stop almost all psychotropic drug use without deleterious effect,” he says, including antidepressants, ADHD drugs and drugs for dementia, and prescribe a fraction of such drugs currently in use and “then only for acute situations with a firm plan for tapering off.”

Malhotra says that overtreatment is nothing new. Some 38 centuries ago in Mesopotamia, a law was passed in which surgeons who were too knife-happy risked losing a hand or an eye. But admitting its own flaws, much less being held accountable for them, is a fairly new concept in Western medicine.

Since our inception in 1989, *What Doctors Don't Tell You* has been publishing articles warning of the dangers of overtreatment, while also educating the public on how to be more discerning about the drugs and treatments on offer, and WDDTY has taken a good deal of stick from pharmaceutically sponsored organizations for doing so. Now, 26 years later—and undoubtedly because the cost of treatment is spiralling out of control—conventional medicine is finally starting to agree with us.

“Sometimes, doing nothing might be the favourable option,” writes Malhotra. Yes, we agree, especially when it has to do with conventional drugs for chronic illnesses.

But there's also a third way. If medicine doesn't have a workable solution for a particular condition, at what point will it consider integrating alternative treatments with a long track record of success for treating the hundreds of thousands of patients not helped by modern medicine?

Lynne McTaggart

“One study found that antianxiety drugs like benzodiazepines doubled the death rates among patients suffering from anxiety”

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The chosen many

Which are the top questionable medical tests? Those being mooted include pills for mild depression, routine blood tests and drugs for mild hypertension. But our list of drugs and treatments that haven't been shown to work is far longer. In fact, it's hard to know where to start.

Here are the first tests to put on the naughty step, as together they are responsible for millions of unnecessary procedures.

PSA (prostate-specific antigen) blood test

Produces false negatives in one out of three cases, and has overdiagnosed more than one million men since its introduction in 1987.¹

Routine mammograms

Picks up all manner of benign growths while missing aggressive tumours. For every woman whose cancer is correctly detected, 10 women will go through unnecessary worry (see page 69).

Routine cervical smear tests

Throws up many false positives, which can trigger more invasive procedures, and false negatives—missing cancer that's there.²

Routine dental X-rays

Tripled the risk of the brain tumour meningioma and can cause heart disease.³

Routine prenatal ultrasound scans

Gets it wrong so often that up to one in 23 women told by doctors they've miscarried may end up terminating a healthy pregnancy.⁴

Peripheral bone densitometry

Strong chances of misclassification as osteoporosis, especially if you're under age 65. Test measures only two sites, usually the hip and spine, which means that any 'normal' bone mineral density elsewhere is likely to be missed and misdiagnosed.⁵

Biopsy

Removing small bits of tissue to diagnose things like cancer has caused infections, punctured nearby organs and scattered cancer cells. With breast biopsies, the risk is one in 15 of having recurrent cancer from 'needle metastasis'.⁶

Computed tomography (CT) angiography

The use of intravenous dyes and CT technology has doubled the rate of invasive heart procedures, including surgery.⁷ Ask for the standard exercise bike or treadmill stress test instead.

Axial or spiral CT scans

Just one of these whole-body, three-dimensional CT scans is equivalent to around 500 standard chest X-rays, and undergoing two or three delivers the equivalent radiation levels of the Hiroshima or Nagasaki atomic bomb.⁸

Blood pressure (BP) cuffs

Drinking alcohol, feeling cold and even the presence of a doctor can distort a BP reading by as much as 5 mmHg. While night-time BP is considered the most accurate predictor of a heart attack, the most accurate reading overall is from continuous 24-hour ambulatory BP monitoring.⁹

Just a minute, doctor

The Choosing Wisely initiative encourages patients to ask several questions, like 'Do I really need the test?' and 'What happens if I do nothing?'

Way back in 1990, in the second issue of our fledgling journal *What Doctors Don't Tell You*, we started a campaign urging patients to ask their doctors 10 questions before accepting any treatment. We called it 'Just a Minute, Doctor,' for two reasons. First, before you blindly follow your doctor's well-intentioned advice, you have the right to question what he's told you until you have enough information to make an 'informed decision'. Second, it only takes a minute or two for him to look up or provide information that could save your health or even your life.

Twenty-six years later, these 10 questions are still your best armamentarium against bad prescribing.

- 1 Is drug therapy really needed for this problem?
- 2 What will happen if I don't take the drug?
- 3 What sorts of drugs or substances (including non-prescription drugs, food and alcohol) should I avoid when taking this drug?
- 4 With what other drugs does this drug have dangerous reactions?
- 5 What are the known side-effects of this drug, as reported in MIMS or the electronic Medicines Compendium (eMC; both now online)?
- 6 What are the latest reports in the medical literature about this drug's side-effects?
- 7 Can I discontinue any other drugs I am currently taking?
- 8 What is the drug supposed to do for me?
- 9 How and under what conditions should I stop taking this drug if I notice certain side-effects?
- 10 If I don't wish to take this drug, what other possible therapies can I consider?

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In harmony with nature and the human being

Alzheimer's Disease



CYTOPLAN



Alzheimer's Disease is the most common cause of age-related cognitive decline, contributing to severe problems with memory, thinking and behaviour. Around 30 million people are affected globally and it is predicted that this number will rise to around 160 million by 2050. It is yet another chronic disease without a cure.

The 'MEND' Programme

Recent research by Professor Dale Bredesen (DB) - Director, Alzheimer's Disease Research Centre, UCLA - is one of a number of recent projects, including the Finnish 'Finger' geriatric intervention study, that indicate diet and lifestyle play a critical role in the prevention of Alzheimer's Disease.

The 'MEND' programme from Bredesen's research indicates a positive breakthrough in the possibility of reversing the early onset of Alzheimer's Disease, and which looks promising for further preventative strategies and even for the late stage of the disease.

The 'MEND' programme for the prevention and treatment of Alzheimer's Disease predominantly involves diet and lifestyle changes:

- Nutrition – diet and supplements appropriately to optimise nutritional status
- Fasting
- Exercise
- Sleep for 8 hours a night
- Reduce stress
- Brain stimulation
- Optimise Gut health, eliminate leaky gut
- Assess and rebalance hormonal health – Thyroid, oestrogen, etc
- Exclude heavy metal toxicity

Although this provides an overview of specific components that are relevant to the 'MEND' programme, it is clearly not quite as simple as this. The diagnostics and prevention programme also includes genetic testing, extensive blood tests,

brain scans where appropriate and extensive diet and lifestyle questionnaires.

The most important thing to come out of his research is that Alzheimer's Disease is not a neurological disorder over which we have no control, but a metabolic disease which is FULLY within our control. People suffering from Alzheimer's Disease often succumb to a feeling of hopelessness, but this does not need to be the case. This recent research has proven that through certain diet and lifestyle changes and by following the 'MEND' programme, Alzheimer's is a potentially preventable disease.

With this knowledge we can all be self-empowered about our health, not only for Alzheimer's Disease, but for many other chronic diseases too, as similarities have been identified between the disease process in Alzheimer's and other chronic diseases such as Cancer, Osteoporosis, Atherosclerosis and Parkinson's.

Unfortunately it is impossible for us to elaborate on each specific component of the 'MEND' programme here but this is something we will be looking to do in the coming months on our blog page.

www.cytoplan.co.uk/blog

Call or email Managing and Technical Director Amanda Williams for further details.

E: amanda@cytoplan.co.uk T: 01684 310099

Common signs of Alzheimer's disease include:

- Difficulty completing everyday tasks, such as driving to a once familiar location.
- Trouble with words - Difficulty engaging in conversation, repeating themselves.
- Misplacing something, and then not being able to find it later because they don't identify the object (such as a purse) as their own.
- Lost in familiar places.
- Personality changes.

Magnitude of the Problem:

- 3rd leading cause of death in USA.
- 3rd leading cause of death for UK women (8th for men).
- 65% of those affected are women.
- Women in the Western World have a greater chance of Alzheimer's than breast cancer.
- Alzheimer's has the potential to bankrupt the NHS.



Rob Verkerk THE POLITICS OF HEALTH

Caught in the act

The Cancer Act needs to be abolished, says Rob Verkerk

Robert Verkerk PhD is the executive and scientific director of the Alliance for Natural Health International, a consumer group that aims to protect our right to natural healthcare and nutrition.

For more information and to get involved, go to www.anh-europe.org, or check out ANH's Facebook and Twitter pages (www.facebook.com/ANHInternational and www.twitter.com/anhcampaign).

The Cancer Act of 1939 stands in the way of tens of thousands of British cancer sufferers getting meaningful and potentially life-saving information from non-medically qualified healthcare practitioners. Medical doctors, on the other hand, risk being struck off the register if they don't limit their practices to those approved by NICE (National Institute for Health and Care Excellence).

The Cancer Act ensures that only medically qualified physicians and nurses can offer and advertise approved cancer treatments—those relying on radiation, chemicals and surgery. The Act also authorized the then Minister of Health to lend money to the National Radium Trust, responsible for radiotherapy prior to the establishment of the NHS in 1948.

But the Act also banned information on cancer treatments issued by non-medically qualified people, including adverts for public meetings on cancer treatments.

While much of the original Act has been subsumed into other legislation, this ban is a key element that remains.

It all seems reasonable, as the Act prevents charlatans from misleading the public with bogus cancer treatments. The trouble is, it throws baby out with the bathwater.

In early May on England's South Coast, a group of alternative practitioners decided to hold a one-day conference to discuss various topics in healthcare. Among the topics were case studies using various so-called 'alternative treatments' for particular cancers, including melanoma. As one of the speakers, my subject was the human cost—the unnecessary deaths and adverse effects—of conventional medicine.

What these themes have in common is that such information is largely suppressed. In a supposedly free society, you'd imagine that public

meetings about such issues would be welcomed—if for no other reasons than freedom of expression and freedom of thought, both of which are fundamental human rights.

Yet the organizers of the meeting had two venues turn them down after being alerted by alternative medicine sceptics that they might run afoul of the Cancer Act. When the organizers finally found a venue that accepted the conference, they decided not to publicize that venue, and instead ran a bus service to take those who had paid to the undisclosed venue from the last venue to turn them down.

In an article in *The Telegraph* online on 25 May 2015 entitled 'The fake cancer cure conference the 'healers' tried to keep secret', the organizers and speakers were lambasted.

The two journalists who wrote the article went the extra mile to

Only when empowered with information from diverse sources are we able to make decisions about our health

blacken the meeting. They referred to "shadowy arrangements", claiming that attendees "were given no venue details." Of course, they omitted to say this was only because two previous venues had turned them down.

The fact remains that freedom of expression is just as gravely under threat in the Western world as it is elsewhere. In the UK, there are real concerns that the Conservative government's plans to abolish the Human Rights Act 1998 (HRA) will risk further loss of fundamental rights and freedoms, and has unleashed a campaign to save the HRA led by Oscar-winning actor Benedict Cumberbatch and others.

David Cameron, who agreed to delay abolishing the HRA for "at least a year", argues that the prime motive is to

replace the HRA (modelled closely on the European Convention on Human Rights) with a British Bill of Rights and eliminate ties with the European Court of Human Rights. While regaining sovereignty may be attractive to many, concerns over the risk of losing rights are justifiable, given that a proposal for the new Bill of Rights has yet to be put forward. This would not be the first time sleight of hand was used.

The HRA and European Convention on Human Rights gives "Everyone... the right to freedom of expression... This right shall include freedom to hold opinions and to receive and impart information and ideas without interference by public authority and regardless of frontiers". However, there is a rider intended to protect health, and individual and national security, and this rider is often used to axe the aforementioned freedoms entirely.

The Cancer Act continues to be the primary mechanism in the UK (excluding Northern Ireland) being used to thwart meetings on alternative treatments. Increasingly, though, because of our innate desire to share information that can protect us from unnecessary or premature death, meetings are conducted privately, while information of highly variable quality and accuracy is communicated via the internet.

None of this helps to open up discussions of options for cancer patients, but a good start would be to abolish the Cancer Act and allow freedom of expression and thought.

No rational human accepts all information received—we all have filters based on our assimilation of relevant information and our beliefs. Only when empowered with information from diverse sources are we then able to make decisions about how we wish to manage our own health.

Don't sweat the gym stuff

We can all exercise enough to reduce our risk of an early death—and it needn't be at the gym

We all get it: exercise is good for us. But mention the word 'exercise' and most of us conjure up images of sweaty people looking as though they're in pain while working out in the gym or stumbling past us as they jog around the park.

Not so. Exercise can also mean, for instance, walking and cycling. Do it often enough and you'll live a long and healthy life—certainly compared with the couch potato. In fact, walking or cycling for 40 minutes a day, six days a week (that's four hours a week), will lower your risk of premature death by 40 per cent. Put another way, you could live five more years than the couch potato.

Introducing light exercise into your life is as beneficial as giving up smoking, say researchers from the Norwegian School of Sport Sciences in Oslo. They should know: they've been tracking the same group of men since 1972 who, at the time, were 40–50 years of age. Also, at the time there were almost 15,000 participants but, by 2000, when the researchers took a fresh look at the group, only 5,738 of them were still alive.¹

They then tracked the health and physical activity levels of this smaller group for a further 12 years before they came up with the best news: you don't have to sweat it out at the gym to live longer. The other piece of good news is that it's never too late. Even those who started exercising or cycling at the age of 73 were enjoying the benefits.

The key is consistency—or little and often. People who did light exercise for just an hour or less a week didn't reduce their risk of premature death much more than the couch potatoes, who did no exercise at all. But do more than an hour of light exercise every week and you will lower your risk of premature death by 32 per cent.

No sweat.

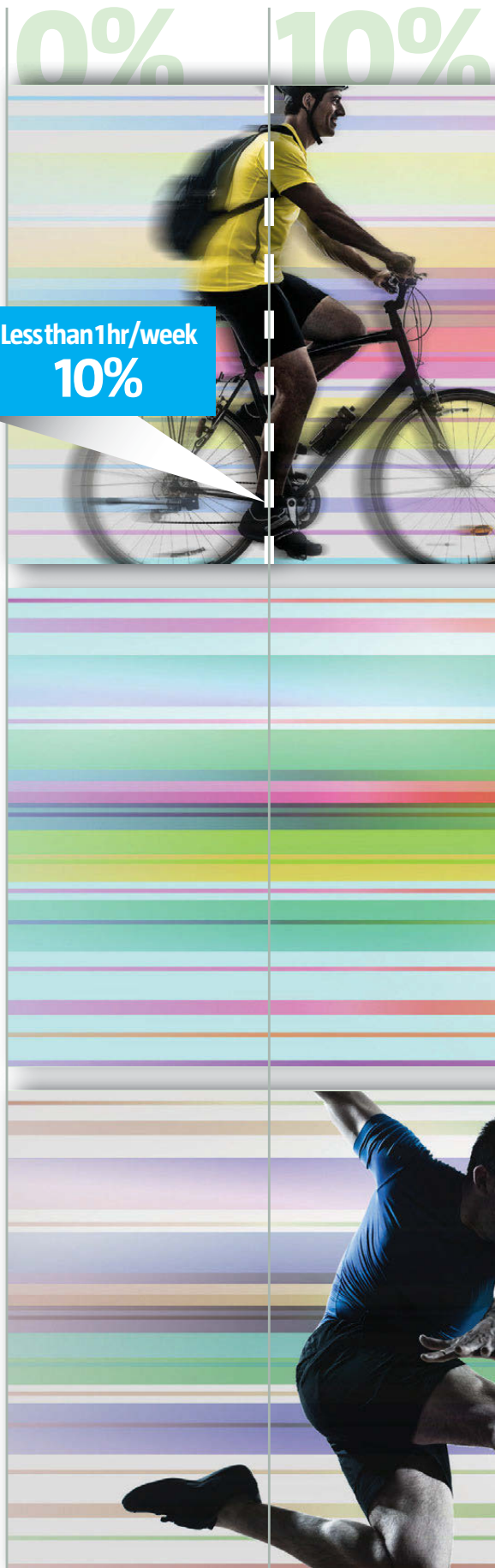
INACTIVE/
COUCH
POTATO:
NONE

LIGHT:
WALKING/
CYCLING

Less than 1hr/week
10%

MODERATE:
GYM/
SPORTS/
GARDENING

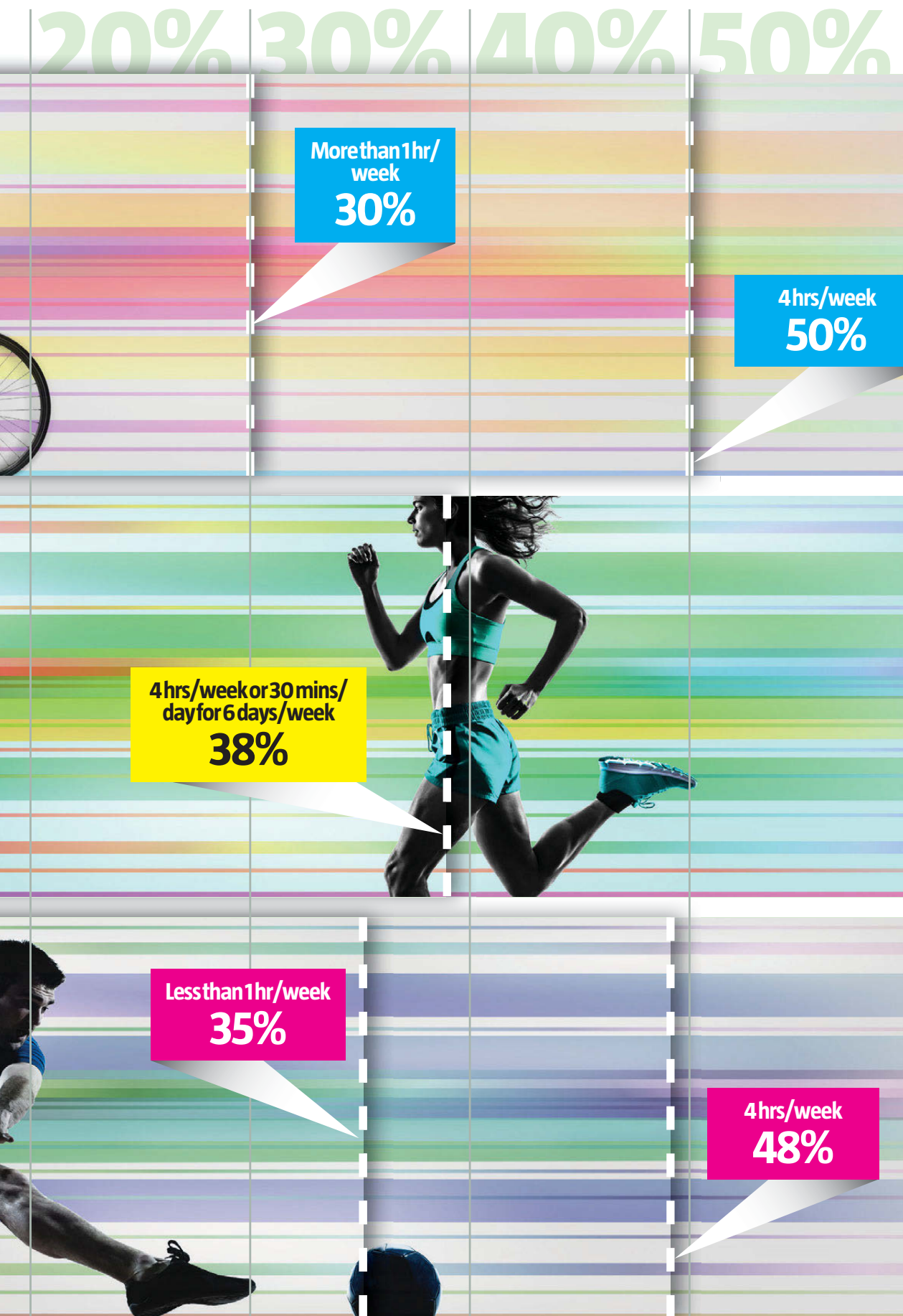
VIGOROUS:
HARD
TRAINING/
COMPETITIVE
SPORTS



REFERENCES

1 Br J Sports Med, 2015; 49: 743–8

Reduction in risk of premature death (%)



How to live longer

The chart shows your reduced risk of a premature death when you carry out light, moderate or vigorous exercise, and compared to someone who does no exercise at all (the couch potato).

Surprisingly, doing four hours a week of light exercise, such as walking or cycling, has the most protective effect, and reduces your risk of dying early by 50 per cent.

MAKING TROUBLE

The HPV vaccines that protect against cervical cancer have twice the number of adverse event reports as any other vaccine. And it could be down to the unique way these vaccines are made





There's something very wrong with the HPV vaccines. Given to young teenage girls to prevent cervical cancer (and officially recommended for boys, too, to prevent other cancers), the jabs have a track record of serious adverse events—usually life-threatening reactions—that are double the number seen with any other vaccine. So far, they have generated 20,000 recorded events in the UK and 39,000—including 227 deaths—in the US.

Critics fear it's to do with the way the two HPV (human papillomavirus) vaccines—Gardasil and Cervarix—have been manufactured. Both have used a new method of processing that involves a genetically modified virus. Vaccines traditionally use an attenuated (weakened) form of virus, but the two HPV vaccines instead employ virus-like particles (VLPs), known as L1 proteins, to trigger immune responses.

The vaccines could also include insect DNA, as Dr Sin Hang Lee at the Milford Hospital in the US discovered when he carried out an analysis. Cervarix, which the UK used until 2012, when it was replaced by Gardasil, includes aluminium salts, and doses can also include residual amounts of insect and bacterial cell proteins. In fact, if there's insect protein in the vaccine, then insect DNA is also present. GlaxoSmithKline, Cervarix's manufacturer, never revealed the potential insect contamination until it was discovered in Merck's Gardasil.

But Dr Lee discovered more than just insect contamination in Gardasil. During the manufacture of the vaccine, Merck “may have inadvertently created a new chemical compound composed of HPV L1 fragments chemically bound to aluminium nanoparticles”, he said.¹¹ Dr Lee's findings were also independently replicated and confirmed by Laurent Bélec at the Sorbonne in Paris.

In response, America's drugs regulator, the Food and Drug Administration (FDA), said that DNA fragments are to be expected, as the HPV L1 gene is used in the vaccine's manufacturing process. It's inevitable, but the fragments aren't harmful, it said.

SaneVax, a lobby group formed by the parents of girls harmed by the vaccines, which helped fund Dr Lee's research, is concerned that the FDA statement makes no mention of the possibility of DNA fragments attaching themselves to the aluminium in the vaccines. It's also not been scientifically confirmed that gene fragments, if bound to aluminium, are harmless. “Our request for scientific evidence has been totally ignored,” a SaneVax spokesman said.

Dr Lee also noted that the HPV DNA fragments were forming specific configurations—known in chemistry as ‘non-B DNA conformations’—which can cause mutations, and multiple neurological and psychiatric disorders.

“The HPV vaccines have generated 20,000 recorded adverse events in the UK and 39,000—including 227 deaths—in the US so far”

The decline and fall of cervical cancer

Cervical cancer has been in decline since the 1950s. Although the Pap (Papanicolaou) cervical smear test took the credit, the decline occurred before the test was introduced. By 1992, cancer and death rates had fallen by 60 per cent.

Today, cervical cancer is only the fourteenth most common cancer, and just 12,000 new cases in the US and 3,000 in the UK are diagnosed each year. Treatment—usually radiation with chemotherapy—is effective, and 75 per cent of patients achieve the five-year survival rate. As a result, there are 4,000 deaths in the US and only 900 in the UK every year.

It's still a major cause of death in the developing world, though, where more than 80 per cent of all cases worldwide occur.

Most cases of cervical cancer are caused by HPV strains, and two of these—HPV-16 and HPV-18—are responsible for 70 per cent of all HPV cases, and targeted by the Gardasil and Cervarix vaccines. However, other HPVs are responsible for the remaining 30 per cent of cervical cancer cases, and none of these is currently covered by vaccines.

In fact, there are more than a hundred HPV strains; 15 cause various cancers, and 40 of them can be sexually transmitted.

And it's the autoimmune reactions to both HPV vaccines that are off the chart.

Even doctors are becoming worried about the huge number of reactions. More than 200 French physicians have signed a letter to the European Parliament, asking for a moratorium on the use of the vaccine until its safety and benefits are clearly delineated. The lead signatory is Dr Philippe de Chazournes who, in the letter to Marisol Touraine, Europe's Minister of Social Affairs, is calling for a committee to investigate the true risks and benefits of the vaccine, and especially Gardasil, the leading HPV vaccine used around the world.

Presenting the letter to the European Parliament last April, Euro MP Michèle Rivasi declared it was time the voices of the vaccine's victims were heard, and that funding should now be set aside for the research and development of a new, safer HPV vaccine.

It's also becoming an issue in the law courts. Victims in the US and UK cannot sue the vaccines' makers, as they have been indemnified by their respective governments, but similar protection isn't offered in other countries. Cases are currently going through the courts in India and France, and the latest is in Spain, where proceedings are soon to begin in the case of Zuriñe Jiménez Guereño, a teenage girl who has become physically disabled after being given the Gardasil vaccine.

In Japan, the health ministry stopped recommending the HPV vaccine after receiving hundreds of reports of numbness and pain. The decision was made in 2013, four years after the vaccine was introduced. Although the vaccine remains available to local health officials, they have been told not to promote it.

In Denmark, a television production company has produced a major new documentary, *The Vaccinated Girls: Sick and Betrayed*, which aired on TV2, one of Denmark's national TV channels, last March. In the programme, Dr Louise Brinth of Frederiksberg Hospital in Copenhagen, who examined 80 girls who had suffered severe reactions after having the HPV jab, said: "We see a pattern that screams to heaven, and that should be examined by some solid research."

A sporting chance

Are some girls more at risk than others? No one can be sure, but Jesper Mehlsen, who is also from Frederiksberg Hospital, researched Gardasil on behalf of the manufacturer, and found a strong association with girls who are athletic and who participate in sports at a very high level. His observation is supported by the many stories of high-achieving athletic girls who are now unable to even get out of bed after being vaccinated.

Mehlsen, who also appears in the Danish TV2 documentary film, always advises girls not to participate in any sports or strenuous exercise for several weeks before having the vaccination.

Sporty or not, vaccine proponents argue that the HPV vaccine is safe and effective, and that only a tiny minority of girls suffers an adverse reaction. This positive stance

The day my life changed

Many thousands of girls have suffered long-term, debilitating health issues almost immediately after having an HPV jab. Some have died, but most have been ignored or ridiculed, and told they are attention-seeking or hysterical.

Here are just a few of their stories. Judge for yourself.

“Girls who are athletic and who participate in sports at a very high level seem to be more at risk from adverse reactions than others”



Calli



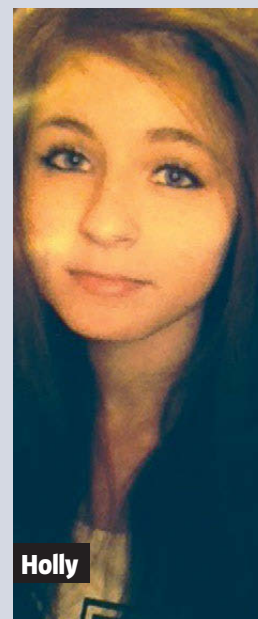
Chelsea



Abbey



Amy



Holly

Calli Kydd had been diagnosed with attention-deficit/hyperactivity disorder (ADHD) when she was eight. At age 13, she was given the Gardasil vaccine. After the second dose, she awoke in the middle of the night, confused and unable to see. She was taken to hospital and, the following day, suffered a major seizure. She left a few days later, still suffering from dizziness, nausea, joint pain and itchy skin. She then suffered a major seizure, known as a 'tonic-clonic seizure', almost every month.

Calli was eventually diagnosed with epilepsy, and has not been able to go to school since 2014. She continues to have breathlessness, numbness, blurred vision, nausea and itchy skin. "When the school sent out the consent form and an information leaflet, no

mention was made of any serious adverse reactions which can occur following HPV vaccination, although they're included on the patient information leaflet which is not seen by parents," said Calli's mother, Vivian.

Chelsea Townsend had missed just one day of school since starting nursery up to when she had the Cervarix vaccine at age 12. After having the jab in 2008, she started to suffer severe headaches and her doctors began to suspect epilepsy. After the third vaccine, she started to experience more headaches, tiredness, nausea and aching joints, and began to miss whole weeks of school. She became bedridden and slept 20 hours a day.

Chelsea was eventually diagnosed with chronic fatigue syndrome, and her doctors refused to

even contemplate that the HPV vaccine may have been responsible. The local education authority put pressure on Chelsea to start attending school, and even threatened her mother with prison if she failed to comply.

Abbey Colohan was a healthy, happy 13-year-old when she had the Gardasil vaccine last September. She had a bad reaction straight away, and was left lying on a mat for an hour while the other girls were getting vaccinated. She suffered seizure-like jerking, rolling eyes, blurred vision, headache and nausea. After 80 minutes, her father, Martin, was called and he took her home.

He asked the school staff why an ambulance had not been called, and was told he was overreacting. Two days later and back at school, Abbey suffered another

seizure and was taken to the local hospital in County Meath, Republic of Ireland. She spent six days in hospital, but various tests could not find a cause. Abbey is still unable to return to school. She continues to suffer vision problems, chest pains and stroke-like symptoms.

Amy Osborne has suffered severe fatigue and hair loss after completing her three courses of Cervarix in 2011. After several years of seeing consultants, she was given a diagnosis of chronic fatigue syndrome. She had been a happy, healthy young girl until having the HPV vaccine, says her mother, but since then, she has never been well.

She eventually decided to send Amy to a naturopath, who says her body is full of toxins, including aluminium, an ingredient used in both HPV vaccines.

Holly King was 13 when she was given her three Cervarix vaccinations over six months up to April 2012. She had 'flu-like' symptoms after the first two, but the family doctor said this was the result of winter viruses going the rounds.

After the third jab, her health deteriorated rapidly and a blood test revealed a very low white blood cell count. She was unable to go to school, and she spent most of her time sleeping.

She was diagnosed with autoimmune hypothyroidism, and a thyroxine drug was prescribed. Eventually, the diagnosis was changed to chronic fatigue syndrome. Holly became so depressed that she started self-harming. She has stopped doing this, but her health has never recovered. Her mother says she's been a virtual prisoner in her home for two years.

is supported by a recent study of more than 260,000 Canadian schoolgirls (aged 14 to 17), which found that Gardasil reduced the rate of dysplasia, or abnormal cell growth, by 5.7 per 1,000 girls (0.006 per cent), and can also help prevent anogenital warts.²

There are around 100 different strains of HPV, although only four—types 6, 11, 16 and 18—are targeted by the Gardasil vaccine. HPV is a highly contagious sexually transmitted disease (STD) spread by bodily contact. Other strains can also cause cervical cancer or genital warts, as well as cancers of the penis, anus, head, neck and throat (not targeted by the vaccines), although the body's immune system can clear the vast majority of HPV infections.

And the vaccine advocates are right: the rate of 'serious' reactions is low, seen in around 0.3 per cent of cases, or one in 300 girls vaccinated. But a 'serious reaction', as defined by the FDA, is death, a life-threatening reaction, hospital care, disability or permanent damage.

Yet there's another reaction to the vaccine that is far more common: the jab seems to trigger one of 80 different autoimmune reactions—where the body starts attacking itself—in around 3.3 per cent of people, or one in 30 girls vaccinated. Even then, it may be argued that the reactions are coincidental and don't prove that the vaccine was the cause.

“The jab seems to trigger one of 80 different autoimmune reactions in around 3.3 per cent of people, or one in 30 girls vaccinated”

More than just coincidence?

But if so, that's an awful lot of coincidences going on. Figures released to the UK's House of Commons last December revealed 7,948 reports of adverse reactions—including 2,529 'serious' reactions—associated with seven million doses of Gardasil or its predecessor, Cervarix, in the UK. Assuming that the recommended three-dose course was followed, around 2.3 million girls in the UK have had the HPV vaccine. This suggests there were 341 adverse reactions per 100,000 girls vaccinated (0.34 per cent), and 108/100,000 (0.11 per cent) were 'serious'.

But the number of autoimmune reactions after vaccination leaps 10-fold. And according to one clinical trial, around 240 of the 7,378 girls given Gardasil suffered an autoimmune disorder as a result—a 3.3 per cent reaction rate. Reactions have included sudden collapses, seizures, muscle pain, disabling fatigue, paralysis, brain inflammation, arthritis, lupus and multiple sclerosis. The rate is slightly lower with the new version of the vaccine, Gardasil 9, at 2.4 per cent.

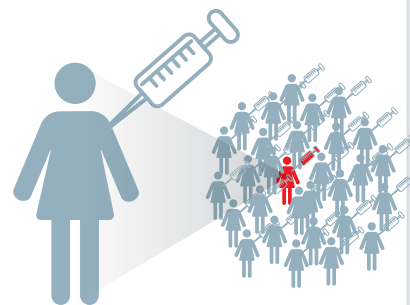
A similar picture has emerged in the US. According to the Vaccine Adverse Events Reporting System (VAERS), there was a total of 39,038 adverse reactions to an HPV

How the risk/benefit stacks up

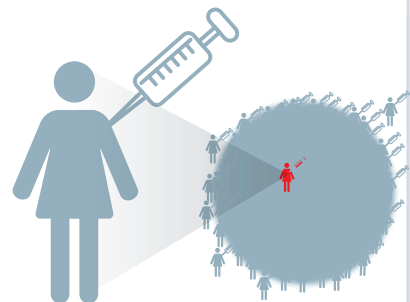
Only the fourteenth most common cancer, cervical cancer is relatively rare, affecting 1 in 11,111 women who have abnormal smears. Of these, only 1 in 33,000 will die. Compare these figures to the casualty rate of the HPV vaccine; 1 in 300 girls have a serious, life-threatening reaction and 1 in 30 suffer a potentially life-altering autoimmune reaction. The dangers of the prevention well outweigh the dangers of the disease.

Vaccinations

Serious (life-threatening) reaction to vaccine:
1 in 300

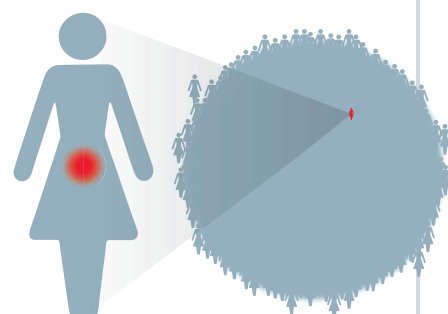


Auto-immune reaction:
1 in 30

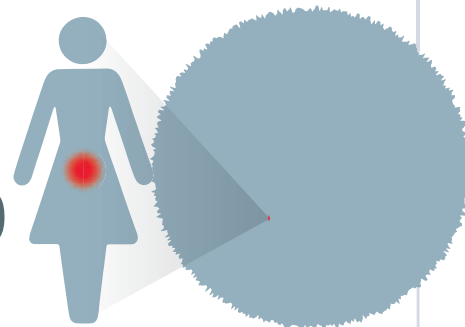


Cervical cancer

Cases per year:
1 in 11,111



Deaths per year:
1 in 33,000



vaccine up to last April, including 1,317 disabilities, 227 deaths, 686 life-threatening events, 12,470 requiring emergency-room care and a further 4,017 needing an overnight stay in hospital.

Of nuts and hammers?

Compare these rates with the number of new cases of cervical cancer each year. UK figures show 8.8 new cases and three deaths per 100,000 people each year. That translates to an annual rate of 0.008 per cent of new cases

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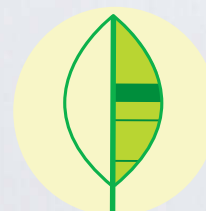
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of cervical cancer and 0.003 per cent of deaths, making it the fourteenth most common cancer. And it's a cancer that's on the wane, with just 3,000 new cases reported in the UK and 12,000 in the US every year (see box: The decline and fall of cervical cancer, page 28).

But something odd has been happening with cervical cancer cases since the vaccines were introduced. The VAERS figures reveal that, after being vaccinated, 102 girls developed cervical cancer, 597 had an abnormal Pap smear and 265 had cervical dysplasia (abnormal cell growth)—the very things the HPV vaccine is meant to prevent.

This phenomenon has also been observed by researchers at the University of Texas. After tracking the health of 592 women aged 20 to 26—512 of whom had received an HPV vaccine—the researchers discovered that those who had been vaccinated were almost twice as likely to have 'high-risk' types of HPV, and not from the four viruses covered by the vaccine.¹

Also, according to the Danish documentary, the youngest woman in Denmark to die from cervical cancer in 2008—the year before Gardasil was introduced in that country—was aged 30 whereas, in 2012, the youngest to die was just 20.

There has also been a steep increase in death rates from cervical cancer in Denmark. The rate had been falling steadily from 140 deaths in 2005 until 2011, when the cancer claimed 80 lives, but then began to rise in 2012 to 100 deaths and rose again in 2013 to 119 deaths.

Studies presented to the FDA by Merck before Gardasil was approved in the US in 2006 also show that women exposed to cancer-causing HPV strains before vaccination were 44 per cent more likely to develop precancerous lesions afterwards.

And critics point out that the vaccine offers protection against cervical cancer for only four years. As 11- to 13-year-olds are targeted, any protective effects will have worn off by the time that most of them are sexually active.

I told you so

Several employees and associates of Merck, Gardasil's manufacturer, have broken ranks over the years. The first to do so was Dr Diane Harper, a leading researcher, who described both HPV vaccines as "useless and dangerous". Around 90 per cent of HPV infections clear themselves within two years, she said.

In an interview quoted by CBS News, Dr Harper said: "The rate of serious adverse events [from Gardasil] is on par with the death rate of cervical cancer. Gardasil has been associated with at least as many serious adverse events as there are deaths from cervical cancer developing each year." But Dr Harper later said she had been misquoted and has distanced herself from the reported comments.

Not so, or not yet, for Dr Bernard Dalbergue, a former Merck employee, who has said: "Gardasil will be the



The curious case of Couric

Katie Couric was the highest-paid media presenter in the US and was known as 'America's Darling'. In 2013, she ran a programme on ABC TV about girls who had been injured by the HPV vaccine. She was immediately attacked for being unscientific and for overemphasizing adverse reactions without talking about the vaccine's benefits. In her blog on the *Huffington Post* website, she said that some of the criticism was valid.

A follow-up programme was aired the following week, which featured only pro-vaccine advocates. Despite this, her show was suddenly axed a week later.

Even so, the battle continued to rage on Couric's website. More than 12,000 people left comments, including a thousand from pro-vaccine lawyer Dorit Reiss of the University of California Hastings College of the Law in San Francisco.

Strangely, it doesn't work the other way. In a separate broadcast about vaccines, there was a campaign to ensure that the 'anti-vaccine' campaigner, ex-model Jenny McCarthy, was not allowed to appear. Instead, Reiss and her colleagues from Voices For Vaccines enjoyed sole billing. Although Voices claims not to accept pharmaceutical funding, it is associated with The Task Force for Global Health—which does.

“A former Merck employee said that ‘Gardasil will be the biggest scandal in medical history... Everyone knew when it was released that it would prove to be worthless’”

biggest scandal in medical history. The full extent of the Gardasil scandal needs to be assessed. Everyone knew when this vaccine was released on the American market that it would prove to be worthless.”²

Vaccine proponents claim this is all so much sour grapes from a former employee, and maintain that the HPV vaccines are saving lives and don't cause neurological problems—or any other problems, for that matter.

They point to several studies that have never found any long-term reactions to either HPV vaccine, including one—involving nearly a million young girls in Denmark and Sweden—where even neurological problems weren't noted afterwards.³

It's hard to square that circle with the thousands of young girls whose lives have been ruined by debilitating symptoms that came on almost immediately after vaccination. From being active, even sporty, teenage girls, they are now living twilight existences.

Freda Birrell of SaneVax is putting together a dossier to present to the UK's Department of Health. She wants to hear from parents whose daughters' health has declined dramatically since having had an HPV vaccine. If you have a case for Freda, contact her via email at jeanfreda8@btinternet.com.

She isn't anti-vaccine—but she's sure there's something very wrong with the HPV vaccine.

Bryan Hubbard

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10 minutes to stronger bones

Conventional medicine tells us that the only way to avoid bone loss is with a lengthy regime of heavy weight-lifting and 'strike' exercises, but yoga expert Charlotte Watts begs to differ



Yoga is considered the quintessential exercise for flexibility, but not many people know that it's also a potent bone-builder. Lots of people begin yoga to help with back pain, and it's no coincidence that they also see improvements in bone health, especially alongside dietary changes like less sugar and acid-forming foods and more vegetable intakes.

The combination of postural improvement, muscle strength and better coordination adds up to improved overall musculoskeletal health. More balanced breathing patterns also improve circulation to feed oxygen and nutrients to bone cells.

Bone as living tissue

Much of bone health comes down to its density, which naturally decreases with age, so increasing the risk of debilitating fractures. We reach maximum bone density at around 30 years of age, and it declines rapidly from 40 onwards. The International Osteoporosis Foundation reports that, worldwide, osteoporosis affects around 200 million women. It causes more than 8.9 million osteoporotic fractures annually—affecting one in three women and one in five men aged over 50.¹

For women, the natural transition of the menopause can compound bone loss, as falling hormone levels can result in up to a 20 per cent loss in the first five to seven postmenopausal years.

Bone is referred to as a 'rigid organ'—its dense connective tissue is supportive, but also constantly fluctuating as it responds to bodily needs. Minerals are stored in bone, as well as fat in bone marrow; white and red blood cells are created; and buffer systems to control the body's pH are continually breaking down and renewing the bone matrix (support structure).

When this buildup-to-breakdown balance is compromised, bone loss beyond that of natural ageing, or osteopenia, and ultimately full-blown osteoporosis occur, often only diagnosed after a fracture.

In a small preliminary study in 2009, Loren M. Fishman, MD, noted: "More than 200,000,000 people suffer from osteoporosis or osteopenia worldwide. An innocuous and inexpensive treatment would be welcome."² As much of medical treatment for osteoporosis involves bisphosphonates,

known to irritate the digestive system, yoga is an obvious solution. It has been practised by senior citizens (in its present form) for around a century, with many modifications and levels available to teachers.

Fishman's study, although small, showed interesting results. In it, 18 people with osteoporosis or osteopenia, and an average age of 68, completed the two-year protocol, including seven patients who were the controls. Eleven patients learned a yoga sequence including the Triangle pose, the Downward-Facing Dog and the Bridge pose (see pages 36 and 39). Each posture was held for 20–30 seconds and the routine took about 10 minutes.

This fits in with previous research findings that about 10 seconds of weight-bearing stimulation is enough to trigger new bone growth. Two years later, Dr Fishman reported that, while the controls not practising yoga either lost or maintained bone, around 85 per cent of the yoga practitioners gained bone density at both the spine and hip.

This correlates with another 2009 study in which 19 women, aged 50–60, undertook a 12-week course of yoga, 3 days a week.

“When yoga poses are held, muscles are lengthened and this pulls on bone, creating the tension that leads to bone growth”

Evaluation of bone formation markers showed that “weight-bearing yoga training had a positive effect on bone by slowing down bone resorption”.³ An improvement in quality of life was also demonstrated by increases in physical functioning, general health and vitality, as well as decreased bodily pain.

As Dr Fishman also noted, “Yoga has been shown to reduce back pain, arthritis and anxiety, and to improve gait [and] neural plasticity associated with motor learning, all capacities that mitigate against the falls that produce osteoporotic fractures.”²

The inflammation connection

A sometimes overlooked factor in osteoporosis is inflammation. This protective response is heightened by stress and sugar, and interferes with bone mass repair. Stress also diminishes beneficial gut bacteria (probiotics), so upsetting immune modulation and provoking tendencies toward chronic inflammation. Many studies have demonstrated the positive effects of regular yoga practice on lowering

the stress hormone cortisol and associated inflammatory markers such as cytokines like interleukin (IL)-6.⁴

Weight-bearing without joint wear

Yoga targets bones in ways that other exercise programmes may not. Activities like weight-training, hiking, jogging, tennis and dancing all create force on the bones as we move against gravity. These weight-bearing actions use the feet and legs, and bone adapts to the impact of the weight load.

Yoga postures (when practised with care and proper alignment) cause less damage to cartilage and joints; when poses are held, muscles are lengthened and this pulls on bone, creating the tension that leads to bone growth. As Fishman said in an interview for *Yoga Journal*, “By putting tremendous pressure on the bones without harming the joints, yoga may be the answer to osteoporosis.”⁵

This can be seen in a pose like Warrior 2 (see page 38). Says Fishman, “... by bending the front knee to 90 degrees, you do more than simply bear weight in the front leg; you magnify the force on the femur [thigh] bone.

... Because you're holding your arms out away from your body, you're putting a lot more stress on the head of your humerus [upper arm bone] than you would if they were hanging at your sides.”⁵

Overall skeletal health

To assess the health of our skeleton, it is key to observe the shape of our whole musculoskeletal structure. For instance, hyperkyphosis, or a hunched back, is commonly seen in the elderly and is now more prevalent in younger generations because of sedentary chair-sitting, computer and smartphone habits. With little opposing actions to open the chest and lift up the front spine, the muscles reset themselves to collapse in the front body while overstretching in the back. Helping to coax the thoracic spine (upper back) and neck towards their more natural curves helps nurture a supportive structure, reducing compression on spinal discs.⁶ This has far-reaching consequences for standing, reaching, and prevention of falls and fractures in the elderly.

As one 2011 review of the literature concluded: “Yoga has the potential to decrease fracture risk in a geriatric population via several mechanisms, including improving balance, reducing fall risk and fear of falls,

improving functioning, reducing hyperkyphosis, and improving bone turnover.”⁷

Not just exercise

Yoga is an ancient system of health, including emotional and spiritual wellbeing. The physical aspects so well known today were only introduced to support the ultimate goal of concentration, meditation and meeting of the individual’s consciousness with the universal consciousness.

These deeper aspects invite more commitment to the physical practice, and the accompanying focus on breathing, mindfulness and attention to other aspects, such as compassion, plant-based diets and community, are all shown to support bone health through contributory factors like reducing stress and lowering inflammation.

A word of caution

Where bone loss has occurred, some cautions need to be applied: forward bends, for instance, compress the vertebrae, increasing the risk of fracture in those with osteoporosis. But a modification using a less intense angle can strengthen bone and the muscles supporting it without exerting further strain or wear (see the Downward-Facing Dog variation, below right).

Checking the suitability of each pose for your individual needs with a yoga therapist, physiotherapist, osteopath or other qualified professional is advisable.

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Poses for bone-loss prevention

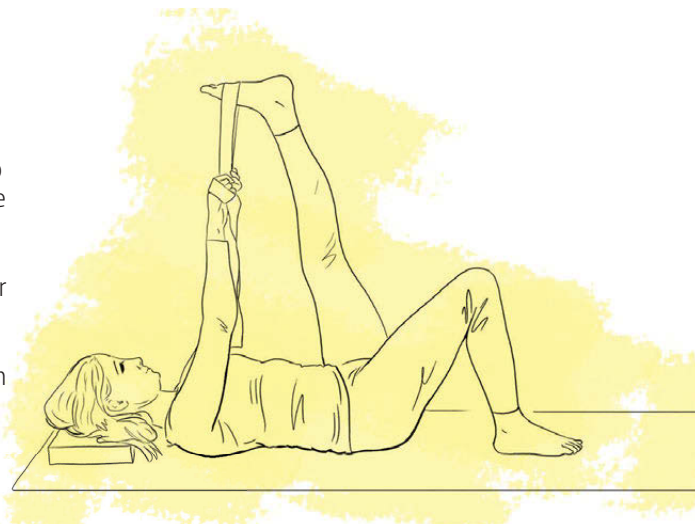
A combination of posture-opening, weight-bearing and actively relaxing postures makes a rounded, balanced practice for the skeleton. To create the ease that avoids stress, do these poses with mindful attention, a soft jaw and a free-flowing spacious breath. This will allow the nervous system to regulate without agitation. When you feel a muscle constrict and/or lengthen, breathe into the process, allowing your full exhalations to let the nervous system know you are practising with awareness and protection.

Pose 1

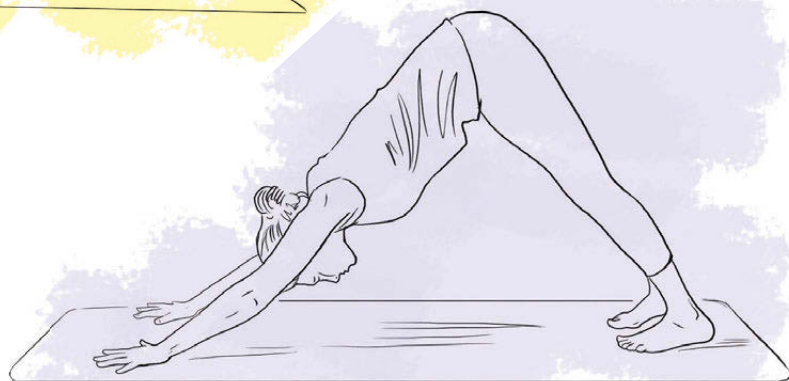
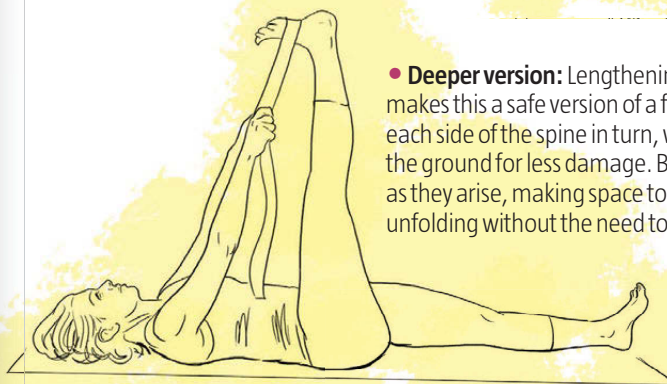
Supta Padangusthasana 1

Reclining Hand-to-Big-Toe Pose

- **Gentle version:** The lower leg remains bent to lessen the pull on the lower back and allow more progressive opening of the hamstrings. Start with this pose, whatever your level, to allow the hamstrings time to open up with the flow of your breath. Place a yoga belt around the foot just in front of the heel, holding each end with straight arms and soft shoulders. Support your head with a block or blanket to avoid compression at the back of the neck.



- **Deeper version:** Lengthening the lower leg along the floor makes this a safe version of a forward bend and lengthens each side of the spine in turn, while the spine is supported by the ground for less damage. Breathe fully into all sensations as they arise, making space to open up and feel the pose unfolding without the need to react.



Pose 2

Adho Mukha Svanasana

(Downward-Facing Dog)

- **Full version:** This combination of a forward-bending inversion pose can strengthen the spine when the chest is open enough to allow a full stretch up and back from the hands connecting to the ground. Rooting into the base of the index finger and drawing back the thighs to lengthen the spine creates space up through the shoulder joints.

- **Alternative:** Where bone loss or hunching of the upper back does not allow complete opening of the front body in this pose, a variation done against a wall can lengthen the spine with less force needed. Keep the ears between the arms for a good neck position.



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than other silvers



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ACG Glutathione® Extra Strength

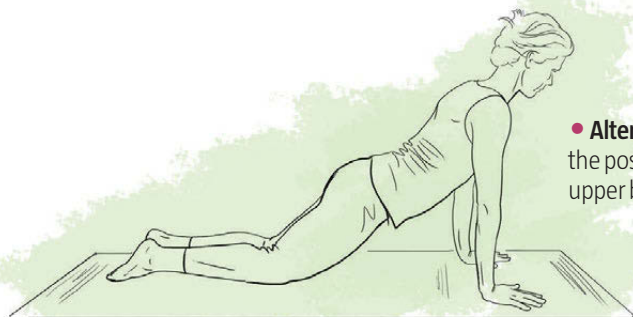
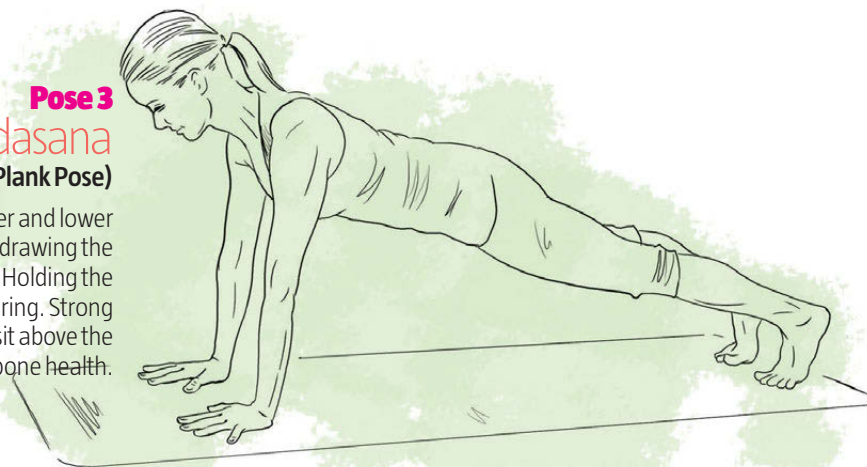
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Pose 3 Uttihita Chaturanga Dandasana (Plank Pose)

- **Full version:** This pose helps strengthen the support between the upper and lower body through strong engagement of the abdominal muscles, while drawing the breastbone into the body to prevent it just hanging off the shoulders. Holding the whole of the body sideways off the ground is also strongly weight-bearing. Strong roots into the feet allow lengthening up to the neck and allows it to sit above the shoulders as when standing—great for neck bone health.

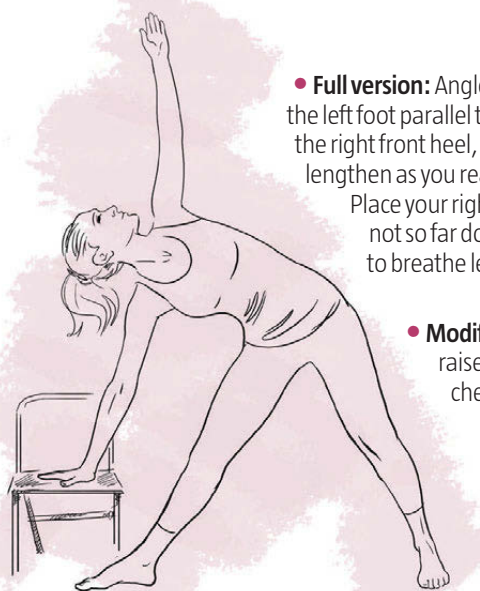


- **Alternative:** Drop onto the knees for a 'half' version of the pose, where you're only supporting the weight of the upper body.

Pose 4 Trikonasana (Triangle Pose)

- **Full version:** Angle the right foot to around 45 degrees while keeping the left foot parallel to the sides of your mat (or at 90 degrees). Keeping the right front heel, knee and sitting bone in alignment lets the spine lengthen as you reach out sideways without pulling on the lower back. Place your right hand on your shin between the ankle and knee, not so far down that you cannot open the chest. Look forward to breathe length into the spine as you lift up through the legs. Repeat on the left side.

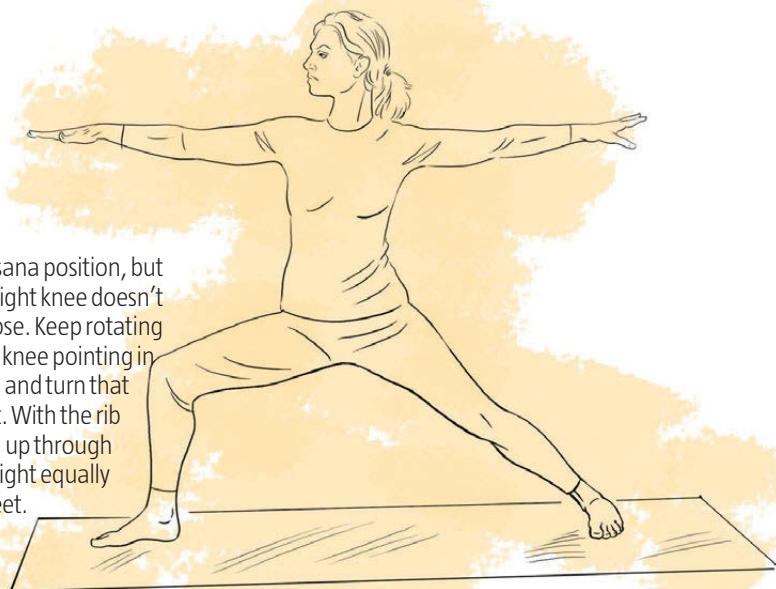
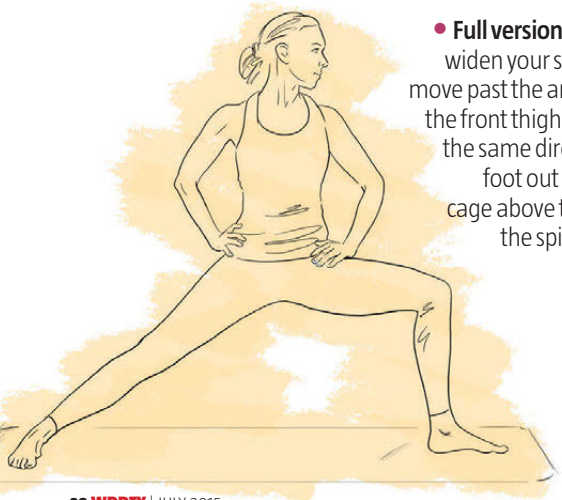
- **Modification:** Reaching the bottom arm out onto a chair raises the position of the upper body, allowing greater chest-opening and spine-lengthening, which may be difficult when attempting the full version.



Pose 5 Virabhadrasana 2 (Warrior 2)

- **Full version:** Return to the first Trikonasana position, but widen your stride if you need to so your right knee doesn't move past the ankle as you bend into this pose. Keep rotating the front thigh bone outwards to keep the knee pointing in the same direction as the toes for safety, and turn that foot out a little more if this is difficult. With the rib cage above the pelvis, you can lengthen up through the spine while balancing your weight equally between your feet.

- **Modification:** Drop down just to where your knees and hips feel safe, and place your hands on hips to focus on the legs first.



Pose 6

Adho Mukha Svanasana

(Downward-Facing Dog) or modification as before

• These poses can always be used as a 'bridge' between other postures as they neutralize the spine.



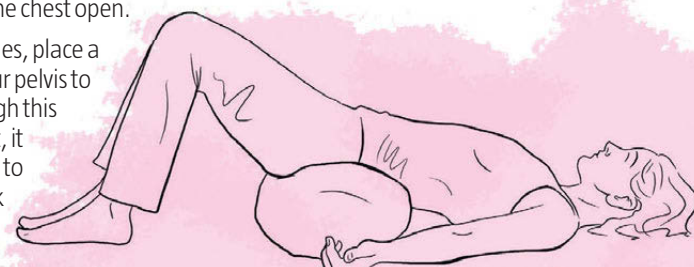
Pose 7

Setu Bandha Sarvangasana

(Bridge Pose)

• **Full version:** With the feet a hip-width's apart, bring them close enough in towards your bottom that you can press up to lift the pelvis off the ground without feeling knee strain. Keeping your knees just as wide as your feet and the base of your big toe rooted to the ground ensures you can push up while keeping the waist long and the chest open.

• **Modification:** If you have knee issues, place a bolster or stack of blankets under your pelvis to ease any pressure on them. Although this removes the weight-bearing aspect, it then becomes a supported back arch to encourage chest-opening and a long neck for a healthy spine.

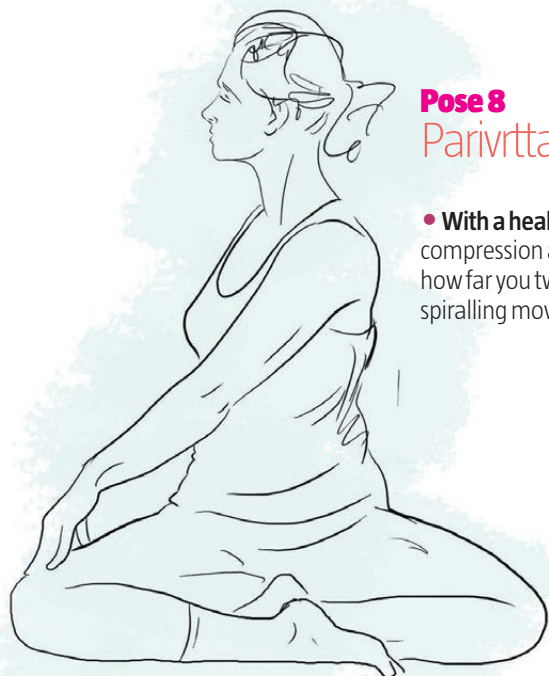


Pose 8

Parivrtta Sukhasana or Supta Matsyendrasana

(Seated or Supine Twist)

• **With a healthy spine:** Seated twists need continual lifting of the spine to avoid disc compression as gravity pushes them downwards. The uplift is more important than how far you twist. Drawing round from the belly, then chest, then neck allows a smooth spiralling movement rather than a sudden torque of the body at different sites.



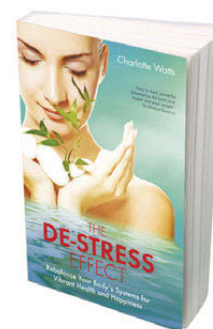
• **With bone loss:** Supine (lying down) twists are safe and can benefit everyone, while upright twists can expose the spine to possible damage if a full uplift is difficult. Lying down allows tight shoulders to release and body weight to progressively deepen the pose.

Pose 9

Savasana

(Corpse Pose) with knee support

• Always finish your practice with Savasana. Its deep meditative relaxation rests the muscles and tissues that were stretched, compressed, twisted and moved. Placing a bolster, cushions or a rolled blanket under your knees softens the lower back, and allows thigh and psoas (located on either side of the lumbar spine) muscles to relax more easily. These muscles hold us upright and benefit from relaxation to ensure they are able to fully support your bones.



Charlotte Watts is a yoga teacher, nutritional therapist and the author of *The De-Stress Effect* (Hay House UK, 2015), £12.99

Sweet not-so- nothings

Artificial sweeteners may have zero calories, but they cause weight gain by boosting blood sugar and crippling the system that regulates it

Needing to worry about food additives seems so very 'last century'. It appeared certain that the food industry had finally acknowledged the dangers of food colourings, preservatives and trans fatty acids, given that thousands of products now proudly proclaim "no additives or preservatives", "no artificial colours" and "no hydrogenated fats".

But the shocking fact is that there is hardly a single food or drink that is 100 per cent additive-free, unless it's raw organic produce or glass-bottled water.

In Europe, there are a staggering 1,521 additives "permitted" under the official regulations; some are vitamins and minerals (vitamin C is considered a preservative, for example), and some colours are derived from vegetables, but fully two-thirds of them have been concocted by industrial chemists.

By definition, most additives are compounds that mankind had never encountered before the early 1900s. So, unlike natural substances, which our digestive and immune systems have learned to cope with over the course of our evolution, man-made additives in our diet are like invaders from outer space.

And that's the problem, according to the latest research. It's not just that additives are potential toxins, it's that they also fool the body into thinking it's getting food energy and nutrients when it's not.

Artificial sweeteners

Western nations are in the midst of an obesity epidemic, which we are told is caused by people eating too much fat and sugar. The endlessly repeated advice from health authorities has been to switch to low-fat foods and to replace sugar with sugar substitutes. Take this statement from one of Britain's top nutritionists: "Sugar provides around 10 per cent of total calories. If this were entirely replaced by a non-nutritive, non-caloric sweetener such as aspartame, then obesity could be vanquished," said Dr Michael Lean, Chair of Human Nutrition at the University of Glasgow, as little as 10 years ago.¹

Artificial sweeteners are by far the largest sector of the additives market, worth \$1.5 billion a year worldwide. Many people buy sweeteners for their own tea and coffee, but the biggest users are food

and drink manufacturers. Any sweet-tasting processed food product you buy will contain artificial sweeteners—including toothpaste. This makes sweeteners almost impossible to avoid.

Saccharin was the first sweetener to be discovered—over a century ago—but there are now a staggering 19 others. This huge choice is partly a response to concerns about their effects on health. Although manufacturers (and health authorities) have always insisted that every new sweetener is 100 per cent safe, there have been persistent fears about toxicity.

Aspartame is the most controversial with a long history of adverse health findings—all of which have been rebutted by both manufacturers and health authorities (see box, page 49). That's why aspartame is still licensed for use, and found in a wide variety of manufactured foods.

Partly in response to aspartame's bad press, other sweeteners have been developed, all claiming to be ultrasafe. However, many of these have also been linked to health problems (see box, page 49). Because of these concerns, maximum limits have been set on the amounts permitted in foods. But food manufacturers have managed—and indeed are encouraged—to sidestep the spirit of these regulations by using a cocktail of sweeteners in foods and drinks.¹

Two obvious problems with this are: first, although a single sweetener might not exceed legal limits, the ensemble could; and second, combinations of chemicals can interact with each other and become toxic, yet few of these potential interactions have ever been safety-tested.

But whichever the manufacturer and whatever they're made of, almost all artificial sweeteners have the same problem: although they're 'low-' or 'zero-calorie' and so should help you shed pounds, in practice, they not only fail to do so, but actually achieve the reverse.

Yes, artificial sweeteners make you fat. This startling discovery was first reported about seven years ago after a nine-year US study looked at people with heart disease.

The researchers were surprised to find that people who drank the most diet sodas had double the risk of being overweight. They found "a significant positive dose-response relationship", suggesting that the low-calorie drinks were directly responsible for the extra pounds.²

These findings raised the question of whether

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“Naturally derived sweetener stevia doesn’t increase appetite or weight; in fact, it increases insulin sensitivity”



artificial sweeteners “might be fueling—rather than fighting—our escalating obesity epidemic,” the University of Texas researchers concluded. And much to conventional dietitians’ chagrin, hot on that study’s heels came four more, involving a total of more than 100,000 adults and children, that also found the same weight-gain phenomenon.¹

These surprising findings have gone some way towards explaining why, despite millions of Americans switching to low-calorie ‘diet’ drinks and sugar substitutes like Sweet’N Low, obesity rates have still soared.

For nutritionists, none of this makes any sense: if people switch from a high-calorie/high-sugar diet to a low-calorie/fake-sugar one, the theory says they should inevitably lose weight.

But the studies show they don’t...so why not?

Fooling the body

The discovery that artificial sweeteners (ASs) don’t help you lose weight wouldn’t be a surprise to anyone who kept up with the scientific evidence. As long ago as 1988, clinical trials showed that adding saccharin to rats’ water supply made them eat up to 15 per cent more food than rats drinking plain water.²

That same year, a Leeds University study found the same thing in people. Tests comparing ASs with sugar as sweeteners showed that the artificial ones increased people’s appetites, making them eat more food. Why? Probably because of “the uncoupling of the sensory and energetic components of sweet solutions”, said the researchers.³

In other words, having tasted something sweet, the body expects, yet fails to receive, the promised energy

The stevia stitch-up

If you must use a sweetener, stevia appears to be the best bet. Unlike saccharin and other artificial sweeteners, it doesn’t increase appetite or weight;⁴ in fact, it increases insulin sensitivity.² That’s why it’s considered a possible treatment for type 2 diabetes.⁵

Stevia’s uniquely healthy properties is probably because it’s not man-made, but is 100 per cent derived from the shrub *Stevia rebaudiana*.

Native to Paraguay, the plant has been used as a sweetener for centuries. Stevia has passed modern safety tests and is permitted for use in food products worldwide, except in the US, where it’s been banned by the Food and Drug Administration (FDA).

Freedom of Information Act (FOIA) enquiries have revealed that the FDA was pressured by blacked-out (redacted) documents to declare stevia “an unsafe food additive”,

raising suspicions it was a stitch-up by the US sweetener industry, which was unhappy about the arrival of a cheap, non-patentable competitor.

Tellingly, once the FDA banned stevia, two major sweetener manufacturers quickly developed their own stevia-based compounds, making them patentable by adding extra ingredients.

Truvia (a Coca-Cola product) is a blend of stevia and erythritol, and PureVia (from PepsiCo) is stevia plus dextrose—yes, a sugar identical to glucose! Both rapidly received FDA approval.

Nevertheless, there’s been a tsunami of complaints about Truvia; consumers describe a range of adverse effects like severe gastrointestinal problems, dizziness, headaches, kidney pain and urinary tract inflammation. Some of these effects have even resulted in visits to hospital emergency units.

Truvia’s maker has

dismissed these adverse reports as anecdotal, but an explanation came last year when American researchers tested Truvia on fruit flies and showed dramatic effects on the insects’ lifespan.

Compared with flies fed ordinary sugar, which lived for about two months, Truvia killed them all off in under a week.

So powerful was the effect that the scientists now recommend Truvia as an insecticide. It’s clear that the toxic ingredient is not stevia, but erythritol, a ‘sugar alcohol’ approved as a food additive.⁴

Note: Stevia tends to have a bitter aftertaste, exacerbated by how it’s grown and manufactured, so choose organic stevia that’s been ‘water-extracted’.

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boost, so it resorts to fulfilling the expectation by eating more food.

Since the 1980s, scores of studies have confirmed the paradoxical fact that ASs don’t help people lose weight. One of today’s leading researchers is Professor Susan Swithers at Purdue University. Her theory? That sweeteners upset “fundamental homeostatic, physiological processes”³ [by] “interfering with learned relations

between the sweet taste of food and the caloric or nutritive consequences of consuming those foods.”⁴

Indeed, there’s evidence that ASs have powerful effects on the brain. In 2008, scientists compared people’s responses to ASs and ordinary sugar using functional magnetic resonance imaging (fMRI) brain scans—with intriguing results. Sugar activates totally different parts of the brain compared with ASs—in

particular, the dopamine transmission system. This ties in with Swithers' theory, as dopamine is involved in the so-called reward signals in the brain.

"Brain response distinguished the caloric from the non-caloric sweetener, although the conscious mind could not," said the University of Colorado researchers. "This could have important implications on how effective artificial sweeteners are in their ability to substitute sugar intake."¹³

Of course, as with most biological research, there are disagreements: some human studies haven't found the sweetener paradox, but these tended to be funded by the sweetener industry itself.¹⁴

The most reliable findings have come from animal research. The downside (apart from ethical issues) is that rats and mice aren't people, but the upside is that precise measurements can be made of their physiological responses. And these have now revealed some bombshell discoveries about ASs.

In one landmark experiment in 2013, scientists in Brazil compared the effects of sugar and ASs on weight gain in rats. Once again, the rats that gained the most weight were the ones on sweeteners, but—and here's the kicker—their calorie intakes did not differ. The animals with ASs added to their feed ended up fatter than the ones given sucrose, regardless of the similar caloric intakes.¹⁵

If the calorie theory has any merit at all, there should have been no differences in weight between the two groups.

Other researchers have confirmed these unexpected findings.

"Consumption of sweeteners resulted in significantly increased body weight; however, the food intake did not change," reported a team of Hungarian nutritionists doing similar experiments in mice. "These results question the effect of non-caloric artificial sweeteners on weight-maintenance or body weight decrease."¹⁶

Why should ASs cause weight gain with the same amount of food consumption? Professor Swithers has found what she thinks may be the culprit: the glucose regulation system. She has shown that ASs cause a significant extra rise in blood glucose in the presence of carbohydrates in rats.¹⁷ That's a key



“A survey of over 66,000 French women found that diet drinks more than doubled the risk of diabetes”

discovery because high glucose levels tend to result in weight gain.

The second key discovery, and one that fully explains how ASs cause weight gain, was reported in *Nature*, the highly respected science journal. A large Israeli research team, mostly from the prestigious Weizmann Institute in Rehovot, announced that ASs have “deleterious effects” on beneficial gut bacteria in both animals and people, causing what’s called “gut dysbiosis”.

This major intestinal disturbance is a well-known cause of a huge range of health problems—from food intolerances to diabetes and the metabolic syndrome. Specifically, it “drives the development of glucose intolerance,” say the Israelis.

Glucose intolerance is a close relative of insulin resistance, and both interfere with the body’s natural way of neutralizing high glucose levels.

And that’s the clincher that explains the weight-increase paradox with ASs. As Swithers found, ASs cause a rise in blood glucose. That’s already serious enough, but now the Israelis have discovered that ASs also knock out the body’s own glucose regulation system, so it can’t handle the extra glucose the ASs have themselves created.

So the apparent paradox of zero-calorie sweeteners causing weight gain is solved. They deliver a sinister double whammy: first a rise in glucose, which is then followed by hobbling of the glucose ‘antidote’ mechanism—two huge hits that can only result in weight gain—because, as we now know, the major cause of fat storage is not excess calories, but excess glucose in the blood circulation.

Sickly sweet

But if ASs disrupt such a key body regulatory system, wouldn’t other health problems show up—ones far more serious than the results of putting on a few extra pounds?

Well, in fact, they have.

In the last few years, population studies have investigated the health dangers of ‘diet beverages’ like colas and sodas. They’ve found worrying increases in a range of serious conditions, including preterm births,¹⁸ cardiovascular disease,¹⁹ non-Hodgkin’s lymphoma, multiple myeloma and leukaemia,²⁰ the metabolic syndrome and type 2 diabetes,²¹ and abdominal obesity.²²

One 14-year survey of over 66,000 French women found that diet drinks more than doubled the risk of diabetes, a figure that’s put into startling perspective by the fact that the women who drank ordinary sugary drinks had a far lower diabetes risk—specifically, a quarter of the AS drinkers’ rates.²³

Shocking, but it makes perfect sense. Glucose intolerance and insulin resistance are the primary causes of diabetes. Sugar has always been considered the main culprit, but laboratory evidence now suggests that sugar substitutes are even more powerful triggers of insulin resistance and so much more guilty of causing diabetes.

Western societies are currently in the grip of the twin epidemics of diabetes and obesity—even in countries where sugar consumption is actually falling.²⁴ These new AS data explain why that’s no longer a mystery.

To date, however, both the AS industry and academics have tended to soft-pedal the new findings, brushing them off with the standard ‘more research needed’ response.²⁵

But hands-on experts think we already know enough, and they’re urging the

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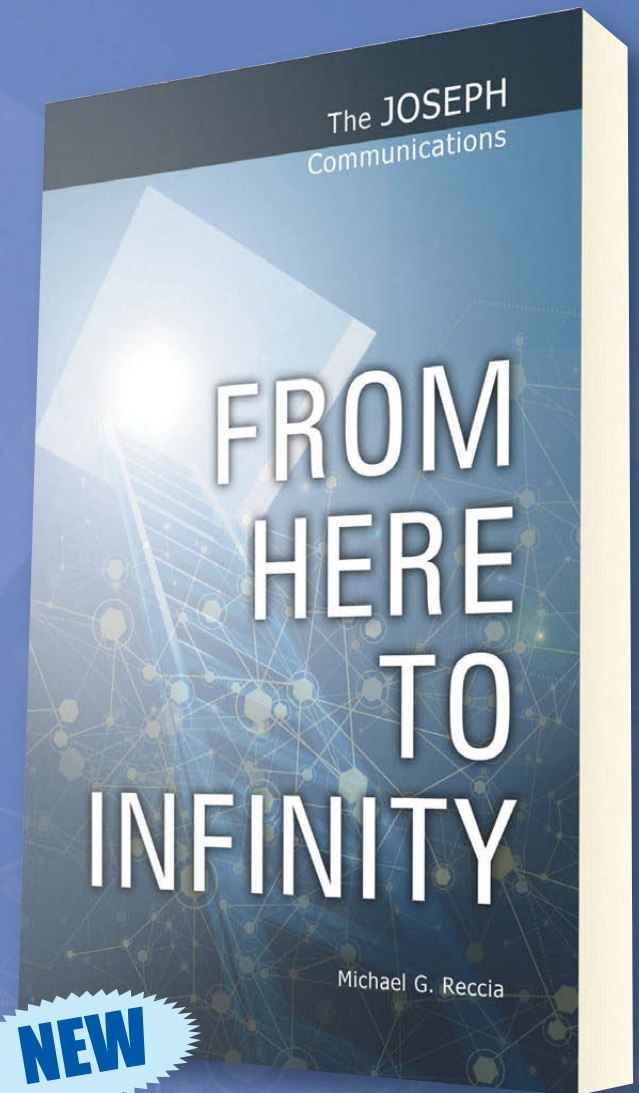
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Health advocate and nutritionist, Simon Oxford

At the heart of the matter

Here in the UK heart disease kills more people than cancer. However – heart disease is avoidable and even if you've experienced a previous heart attack simple steps can be taken to reduce the likelihood of having another.



Whilst many people may find themselves worrying about Ebola, plane crashes or acts of terror, the probability of them dying as a result of any of these is extremely low.

Heart disease however kills half of all Britons and accounts for double the death toll from the ten most deadly cancers.

Unfortunately many people do not give heart disease a second thought until it directly affects them.

And because one of its major causes is sustained high levels of LDL cholesterol in the blood, it's also a stealth killer that can strike down individuals who appear perfectly well.

Healthy hearts

The British Heart Foundation tells us that heart disease (also known as cardiovascular disease or CVD) includes all the diseases of the heart and circulation including coronary heart disease, angina, heart attack, congenital heart disease and stroke.

The charity advises that, regardless of age, keeping a healthy heart is the most important thing to do to prevent and manage heart disease.

Health advocate and nutritionist, Simon Oxford runs the online health resource makeyourselfimmune.com and was inspired to find out more about heart disease and his own family's health history following his father's death.

His extensively researched book, *Make Yourself Immune to Heart Attack*, is the result.

"The loss of my father following a protracted illness and heart attack encouraged me to look deeper in to the causes of heart disease as well as review my own lifestyle", he said.

"I understood of course, that eating a balanced diet, taking regular exercise and cutting out habits such as smoking and excessive drinking have beneficial health effects for us all but I was surprised to discover just how much of a difference can be made to heart and overall health; in many cases allowing the reduction or elimination of the need for drugs such as Statins.

"I was shocked to discover that half of all UK heart attacks suffered by previously healthy people occur with no warning."

Life expectancy

Backed by medical expertise Oxford uncovered evidence that significant health differences can be made no matter how late you start or how far advanced your condition has become.

"My aim with the book was to illustrate how absolutely anyone can adopt simple strategies to improve their overall health and extend life expectancy," he said.

"Using easy to read and non technical language I show how even many years of damage can be overcome, how arteries can be repaired, how LDL cholesterol and blood pressure can be lowered and also how stress can be managed.

"And all of these activities reverse the build up to angina or heart disease."

Treatments analysed

Edited by a doctor, *Make Yourself Immune to Heart Attack* also analyses common medical and alternative treatments and explains key medical terms.

The book also highlights that whilst heart disease is generally considered a male illness, although there may be significant differences in presentation, the disease is equally fatal for women.

"Statistically there is no difference in gender and over 60% of women will have their first heart attack with no prior symptoms", explains Oxford.

"Sadly, despite medical advances a third of women will not survive an attack. This means any woman regardless of her age, may feel perfectly healthy one day but the next could be her last."

Immune strategies

The book is also beneficial for those keen to lose weight as it outlines strategies which enable anyone to gain control of their weight and return to a healthy body mass index. How to achieve this without resorting to a strict diet is covered in detail.

Make Yourself Immune to Heart Attack is an essential read for anyone concerned about their own health or the health of a family member.

It is available for £12.50 (+ P&P) from www.makeyourselfimmune.com

“Statistically there is no difference in gender and over 60% of women will have their first heart attack with no prior symptoms.”

*Source – www.bhf.org.uk



“Artificial sweeteners may have contributed to the exact epidemic they were intended to fight”

authorities to act. “The real concern with artificial sweeteners is what they are doing metabolically—negative outcomes like hyperglycaemia, insulin resistance, and increased abdominal adiposity, independent of changes in body weight. That’s a huge concern,” says Susan Swithers.

“Our findings suggest that non-caloric artificial sweeteners may have directly contributed to enhancing the exact epidemic that they themselves were intended to fight,” says Weizmann Institute’s Dr Eran Segal.

His colleague, Dr Eran Elinav, agrees: “Artificial sweeteners tend to develop the very disorders they were designed to prevent. This calls for a reassessment of today’s massive, unsupervised consumption of these substances.”

Reassessment? The silence is deafening.

Tony Edwards

Tony Edwards is a freelance author, journalist and broadcaster who focuses on cutting-edge science and medicine

Turn to page 49 to read about the main sweeteners of concern

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Lesser-known additives to watch out for

Emulsifiers

These chemicals are routinely added to margarine, mayonnaise, creamy sauces, ice cream, packaged processed foods and baked goods “to improve texture and extend shelf life”, says the industry. Authorities have always claimed that emulsifiers are harmless, placing them in the GRAS (‘generally regarded as safe’) category.

But in a report from Georgia State University in Atlanta, when scientists fed emulsifiers to mice in their food and water, they found that the animals developed “low-grade intestinal inflammation” and metabolic disorders such as blood glucose abnormalities, increased body weight and abdominal fat.¹

Emulsifiers apparently destroy the protective mucous lining of the intestines, “digesting” and then “infiltrating” it.

The mice had been given the same types and quantities of emulsifiers as used in processed foods for people.

The scientists believe these findings explain the rise in inflammatory bowel disorders and the metabolic syndrome, both of which have soared in the last few decades.

“We were thinking there was some non-genetic factor out there, some environmental factor, that would be explaining the increase in these chronic inflammatory diseases,” said Georgia State’s Dr Andrew Gewirtz. “We thought emulsifiers were a good candidate because they are so ubiquitous and their use has roughly paralleled the increase in these diseases. But



I guess we were surprised at how strong the effects were.”

Last April, two scientists at Belgium’s Louvain Drug Research Institute reported identical results in their own researches,² and a pair of Israeli scientists have also warned that emulsifiers may be a “dietary clue to the pathogenesis of Crohn’s disease”, a condition characterized by gut inflammation.³

Interesterified fats

Since food manufacturers are now prohibited from using trans fatty acids (TFAs) because of the many confirmed health risks, they’ve been on the lookout for safer alternatives and hope interesterified fats (IEFs) are the answer.

IEFs are made by chemically combining solid and saturated fats with vegetable oils to create fats with the same function as TFAs—“extending shelf-life”. But not surprisingly, trials with human volunteers have shown that IEFs are as hazardous as TFAs. One early study found they raise LDL cholesterol (the ‘bad’ one) and interfere with glucose metabolism.⁴

The most recent review of the evidence concluded that there were “negative biological effects on lipoproteins, blood glucose, insulin, immune function, and liver enzymes”.

The Brandeis University researchers recommended that “more research is warranted to determine the appropriateness of IEF consumption, particularly before it becomes insidiously embedded in the food supply

similar to TFA and intake levels are achieved that compromise long-term health”.⁵

This damning review was published five years ago and, yet, not only are IEFs still permitted, but they’re not even required to be listed on labels. So if you see a product boasting that it’s “TFA-free” or contains “no hydrogenated fats”, it’s a safe bet that it’s laced with IEFs.

Fat substitutes

Low-fat processed foods contain yet another class of fat substitute—added not to prolong shelf life, but to provide the yummy taste of fat without the weight gain supposedly caused by the real thing. Fat substitutes are made from chemically processed vegetable oils, carbohydrates or proteins; many are indeed low in calories, but mainly because they’re not recognized by the body as food and so are expelled as undigested waste.

Of the products that have been developed, olestra is the brand leader in the US. But it’s been banned in most other countries because it prevents nutrients in real food from being absorbed by the gut.⁶

As with artificial sweeteners, animal tests have shown that fat substitutes like olestra paradoxically lead to higher food intakes and greater weight gain.⁷

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Not so sweet

Here are the main sweeteners to watch out for and why

Aspartame

Brand names: NutraSweet, Canderel, Equal

Tests (mostly on animals) have found links with:

1986 "Neurobiochemical alterations"¹

1987 "induction of seizures"²

1994 "headaches" (in people)³

1996 "increase in incidence and degree of malignancy of brain tumours"⁴

2006 "statistically significant increased incidence" of "lymphomas and leukaemias", "carcinomas of the renal pelvis and ureter" and "malignant schwannomas of peripheral nerves"⁵

2007 "significant increase in incidence of lymphomas/leukaemias" and "mammary cancer"⁶

2008 "certain mental disorders . . . and . . . compromised learning and emotional function"⁷

2008 "DNA damage"⁸

2011 "severe premature cellular senescence [ageing] and atherosclerosis"⁹ and "increase in brain inflammation"¹⁰

2013 "tumours in the CNS [central nervous system] such as gliomas, medulloblastomas and meningiomas"¹¹

2014 "generation of free radicals" and changes in "brain antioxidant status" and "apoptotic changes in the brain"—in other words, increases in brain cell damage/death¹²

2014 "more irritable mood . . . more depression" and poorer performance on "spatial orientation

tests" (in people, with dietary aspartame levels well below the permitted maximum)¹³

2015 impairment of "beneficial functions of HDL [the 'good' cholesterol], resulting in loss of antioxidant and anti-atherogenic [prevention of plaque buildup in arteries] activities"¹⁴

Yet, all global authorities, including the US Cancer Institute and Food and Drug Administration, World Health Organization and European Food Safety Authority say that aspartame is safe at the recommended doses.

Why this discrepancy, given the litany of health hazards? Possibly because most of the adverse effects have been found in animal studies, and not in the general human population. What's more, not all studies agree on the hazards.

Nevertheless, PepsiCo has recently withdrawn aspartame in the US—entirely for commercial and not safety reasons, they insist. Diet Pepsi drinkers everywhere else will still get aspartame (now renamed 'AminoSweet'), while the new US Diet Pepsi uses sucralose.



Xylitol

Xylitol is derived from plant and tree sugars which are

hydrogenated (combined with hydrogen) to make it a solid—not exactly the 'natural' product it claims to be.

To date, it has been linked with:

2010 mild diarrhoea, although in dogs, it can cause fatal liver failure.¹⁵

Cydamate



Although permitted in the EU, it is banned in most

countries, including the US, following laboratory tests showing bladder cancer in rats.

Acesulfame-K

Brand names: Nutrinova, Sunett, Sweet One

Has been linked with:

1997 "significant in-vivo mammalian genotoxicity"¹⁶

2008 "DNA strand breaks"¹⁷

2009 "increased insulin secretion and augmented secretion induced by glucose"¹⁸

2013 "impaired cognitive memory functions... metabolic dysregulation . . . [and] . . . neurosynaptic abnormalities".¹⁹



Sucralose

Brand name: Splenda

2013 Says one review of "hundreds" of scientific

papers, sucralose, like other organochlorine compounds (drugs, pesticides, industrial chemicals), causes a "relatively greater reduction in beneficial bacteria" in the gut and "histopathological changes in the colon, including lymphocytic infiltrates into epithelium, epithelial scarring, mild depletion of goblet cells, and glandular disorganization"; it's also "mutagenic".²⁰ And most of these changes are seen at "sucralose doses approved by global health authorities".



Saccharin

Brand names: Sweet'N Low, Sweet Twin, Necta Sweet

Originally discovered in the late

19th century, this was considered safe until:

1972 studies found it caused bladder cancer in rats, although this was questioned by later research

2001 restored to 'generally regarded as safe' status.

Animal studies have since found links with:

2011 "increased atherogenic serum lipid profile"¹⁰ and an "increment of white blood cell . . . volume and platelets (PLT) and the decrease in haematocrit, haemoglobin (Hb) and red blood cells"¹⁹

2015 "impairment of lipoprotein function", making it "toxic to the human circulation system as well as embryonic development".¹⁴



Neotame, Advantame, Alitame

These are molecular variants of aspartame, making them patentable as separate products. Industry-funded studies claim they're safe.

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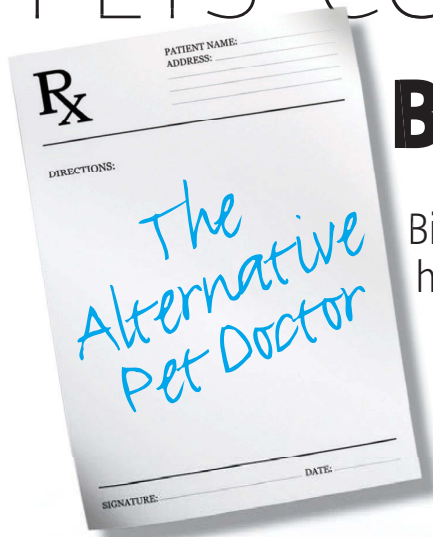
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Boxing clever

Big dogs like Boxers often suffer from a sluggish thyroid, but you can help restore their pep with this natural regime, says Paul Boland

Q My 10-year-old Boxer, Ben, has been dull, has put on weight and lost hair on both sides of his abdomen. Our vet has diagnosed hypothyroidism and has said he will need drugs for life. Are there any natural therapies that may help him? T.L., via email

A Hypothyroidism, or an underactive thyroid gland, is a common hormonal condition in dogs, especially Boxers like Ben. Drugs are conventional veterinary medicine's only answer, but I've found that a number of natural treatments can help. Try the following to help get Ben back into balance.

“ A raw-food diet is packed with all the vitamins and nutrients a dog requires for a normal metabolism ”

A raw-food diet

Dogs are meant to eat raw food, not highly processed foods that contain grains, additives and fillers that can be detrimental to health. I suggest putting Ben on a raw-food diet to strengthen his immune system,

improve his teeth, gums and coat, and normalize his cortisol and glucose levels.

Hypothyroid dogs in particular benefit from a raw-food diet because of the balanced nature of such a diet; it's packed with all the vitamins and nutrients that a dog requires for normal metabolism.

Nature's Menu is one company offering easy-to-serve raw-food meals for dogs, and they're even delivered to your door (www.naturesmenu.co.uk; tel: 01953 883 770).



Herbs

Stinging nettle (*Urtica dioica*) can help regulate metabolism, and balance the thyroid and adrenal glands.
Suggested dosage: ½ capsule per 5 kg body weight daily

Astragalus membranaceus is a Chinese herb known to revitalize the endocrine (hormone) system and thyroid gland.
Suggested dosage: 50–400 mg dried herb per kg of body weight daily in divided doses; tincture: 1–2 mL per 10 kg body weight in divided doses

Kelp

Better known as algae or seaweed, kelp is a rich source of iodine, which is needed by the thyroid to produce the hormone thyroxine (T4).
Suggested dosage: 1 Tbsp per 10 kg body weight daily, added to feed

Omega-3 fats

Numerous studies have been conducted on the metabolism of omega-3 fats in domestic animals and in people too, so the importance of these fatty acids is now becoming better understood—especially the value of their anti-inflammatory properties.

In hypothyroidism, a lot of inflammation is involved, so omega-3s may be beneficial, especially docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), both believed to be essential for healthy skin and immune function, and for combating inflammation.

I recommend giving Ben a daily dose of fish oil that delivers high levels of DHA and EPA.

Suggested dosage: at least 500 mg/day of EPA and 360 mg/day of DHA for an average-size Boxer, plus 1 g/day of lecithin to assist the transport and utilization of these fatty acids

Natural stem-cell enhancers

Science is discovering new uses for adult stem cells every day and these have the potential to revolutionize medicine. Unfortunately, many of the techniques involved are invasive and costly and/or use embryonic stem cells. However, there are now ways to naturally increase the number of adult stem cells in the body.

Natural stem-cell enhancers trigger bone marrow to release millions more adult stem cells. These are then able to migrate to any tissue or organ to replace any damaged/dead cells. With thyroid disease, natural

“Stinging nettle can help regulate metabolism, and balance the thyroid and adrenal glands”



stem-cell enhancers not only help the thyroid gland itself, but also the secondarily damaged tissues and organs, like the skin and ears.

Until recently, it was thought that adult stem cells from bone marrow could only change into and replace certain white blood cells of the immune system. But recent research has shown they can actually become (differentiate into) virtually any cell in the body. They can pass through capillary walls into damaged tissues, differentiate into specific cells and multiply thousands of times. This allows them to replace the impaired cells in the damaged tissue or organ.

A type of protein called ‘granulocyte colony-stimulating factor’ (GCSF) causes adult stem cells in bone marrow to replicate, and the replicated cells are then released into the bloodstream. The mother adult stem cell remains in the bone marrow so its numbers are not depleted. In the blood circulation, adult stem cells are attracted to damaged cells by certain molecules such as cells release.

The natural way to increase adult stem cell populations is to take supplements containing a freshwater type of blue-green algae called *Aphanizomenon flos-aquae* (AFA), which contains a natural molecule given the proprietary name Mobilin™. This molecule appears to act on bone marrow in the same way as GCSF to stimulate the release of adult stem cells.

Stemtech is one company offering natural stem-cell enhancers for pets, and their products are available online (www.stemtech.com).

Dr Paul Boland, BVSc MRCVS, a partner at Alder Veterinary Hospital in Liverpool, has been a veterinary surgeon for 21 years. Combining herbs, nutraceuticals, acupuncture and more recently natural stem-cell enhancers, he is able to treat a large proportion of his patients naturally (see www.naturalhealthvet.com).

Send your pet questions to: letters@wddty.co.uk



Canine hypothyroidism fact file

What is it?

Hypothyroidism refers to an underactive thyroid gland that produces less thyroid hormone than it should. It's the most common endocrine disorder in dogs; in cats, the opposite problem—an overactive thyroid gland, or hyperthyroidism—is more common.

The thyroid produces two kinds of hormone: triiodothyronine (T3), the active form of the hormone; and thyroxine (T4), the inactive form that circulates in the bloodstream. T4 is converted into T3 after being absorbed into cells or by the thyroid gland.

Thyroid hormones affect virtually every cell in the body, as they are the body's basal metabolic hormones. Too much thyroid hormone increases the basal metabolic rate, while too little decreases it.

What causes it?

Nearly 90 per cent of cases result from autoimmune thyroiditis, where the body's immune system progressively attacks the thyroid gland. Other causes include thyroid gland atrophy (wasting away) or, rarely, a thyroid tumour. Generally, middle-aged, medium-to-large breeds of dogs are affected, especially Golden Retrievers, Doberman Pinschers, Boxers and Irish Setters.

What are the signs?

The classical signs of hypothyroidism tend to appear when more than 70 per cent of the thyroid gland is damaged. These include non-itchy hair loss or thinning of the fur, a dull hair coat, excess shedding and scaling, weight gain, reduced activity, reduced ability to tolerate cold, and recurrent ear and skin infections. In rare cases the oesophagus may become dilated ('megaoesophagus'), causing regurgitation, and there may be abnormal neural and muscle function, leading to muscle weakness and difficulty walking.

How is it diagnosed?

Diagnosis can be tricky because thyroid dysfunction produces a wide range of clinical signs, many of which are subtle and resemble those of other diseases. Still, there are several blood tests that can confirm a suspected diagnosis. Usually, a panel of tests is done to increase the chances of an accurate positive diagnosis.

What's the conventional treatment?

The standard treatment is a synthetic version of T4 called L-thyroxine (marketed as Soloxine). The tablets have to be given once daily for life, but they're not suitable if the dog also has adrenal insufficiency.

T4 is generally converted to T3 in the body, but a few dogs cannot make this conversion and so require T3 medication.

Do you have allergies or sensitivities, or do you simply want to live a healthier lifestyle?



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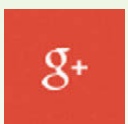
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THE ANTIDOTE TO STRESS IN THE SCOTTISH HIGHLANDS



Increasingly we find stress or stress-induced ill-health affecting our lives and the lives of loved ones: ranging from feelings of stress, anxiety or depression to physical ailments, stubborn weight that might be hard to lose or a constant lack of energy. The Body Toolkit, a first of its kind wellbeing and detox retreat in Scotland, has developed a comprehensive approach that guides each guest in recognising their own power to respond proactively to any health or weight gripes.



Guests at the retreat experience a nourishing juice cleanse, consisting of a large smoothie every three hours, enjoyable exercise in nature, relaxation and coaching on techniques to combat stress and negative beliefs that may be standing in the way of long-term change. The unique approach not only addresses the physical aspect of health but also focuses on the role of the mind, which means that results can be maintained after the retreat when guests return home.

The founder of The Body Toolkit, Katrina Mather, has developed a philosophy that is simple and supportive. "My own journey back to health made me realise that even small

changes to the way we treat the body and the way we think, can make dramatic differences to how we feel."

The programmes have already been hailed as "empowering and life-changing" in the space of just six days, bodies become leaner, minds become calmer and spirits rise as an improved sense of wellbeing emerges. The most common results of the programme include increased and sustained energy, an average weight loss of 7lbs, lifting of depression, relief from aches and pains, improved complexion and better quality of sleep.

The peace and natural beauty of the Scottish Highlands lie at the heart of the escapes as a recent guest, Wendy, found: "Katrina's passion is inspirational, the set-up sublime and the experience extraordinary."

"Juicing, sleep, walks, good company and quiet reflection in the Highlands is a magical experience."

The popularity of spa breaks and bootcamps demonstrates a strong appetite for body-image change but rarely do these options make lasting changes to how you feel. The Body Toolkit method addresses that by ensuring people return home empowered with the knowledge

and tools to maintain the momentum of their health goals and weight loss. "After 6 days of juicing, fresh air and superb company - I've lost a stone. But even better than that I feel myself again, I feel relaxed, I feel healthy, I feel amazing," explains Margaret after her week at the retreat.

Hosted at Garmoran Square in the 'Outdoor Capital of the UK' on the west coast of Scotland, the purpose built, 4-star accommodation has the character and charm of an old highland steading from the outside, surrounded by nature, fresh air, wildlife, history and dramatic scenery. Floor to ceiling windows and tasteful design inside capture the impressive views - and the solid oak floors, under floor heating and log fires make it comfortably luxurious and inviting.

The Body Toolkit fulfils Katrina's ambition to combine her passion for holistic health with her love of Scotland: "I'm delighted that the retreat has made such a profound impact on our guests so far, their compelling testimonials prove that we have the recipe for something that is genuinely making a difference to people's lives."

WDDTY readers are eligible for a 5% retreat discount, simply email Katrina via the website's 'Contact Us' to redeem this offer - www.thebodytoolkit.com



"Having lost 9lbs, I had no idea it would be this easy. I feel amazing and I can't thank you enough. One week on and I've turned into a very annoying evangelist!"

Ashley, Edinburgh



Markéta Bola **THE RAW-FOOD CHEF**

Get fruity

Summer fruit is perfect for both salads and sorbets

Markéta Bola is a natural nutritionist and raw living-food chef who leads raw-food workshops, classes, dining experiences and Tree of Life Wellbeing & Vitality Festivals in the Midlands (www.treeoflife-events.co.uk).

The beauty of fresh, ripe fruit is that it can be enjoyed at any time, on its own, with no prep or cooking necessary. But fruit is also an extremely versatile ingredient and, with a little bit of effort, it can be used to transform basic, run-of-the-mill recipes into colourful, summer-ready dishes that are bursting with flavour.

Here are three of my favourite summer recipes made with fruit—one savoury salad and two desserts—which are all free of wheat, dairy and refined sugar. Not only are they deliciously refreshing, they're good for you too, as they're packed with beneficial antioxidants, vitamins and minerals.

Berry Sorbet Surprise

Strawberry sorbet:

2 cups strawberries, frozen
1 Tbsp raw honey (or 3 Medjool dates)
1 Tbsp lucuma powder (optional)
1 cup ice cubes, pure water
1 banana, frozen, then sliced (optional)

Natural sweetener of your choice (such as Stevia, honey or yacon syrup)

Blueberry sorbet:

2 cups blueberries, frozen
1 tsp chia seeds
1 Tbsp raw honey (or 3 Medjool dates)
1 cup ice cubes, pure water
1 banana, frozen, then sliced (optional)
Natural sweetener of your choice (such as Stevia, honey or yacon syrup)

1 For both sorbets, throw all the ingredients into a high-speed blender to create



a smooth, thick consistency. Alternatively, make a smoothie first using defrosted ingredients, then pour the mixture into a suitable container and let it chill in the freezer for a few hours.

2 Place a scoop of each sorbet into a serving bowl, and top with a sprig of fresh mint and some fresh, whole fruits.

Minty apple & cherry salad

Makes 2 portions

2 small green apples, sliced
½ cup cauliflower, chopped (small pieces)
½ cup peas, fresh
6–8 big leaves curly lettuce
3 handfuls sunflower baby greens
1 handful mint leaves, chopped
3 Tbsp lemon juice
¼ cup cold-pressed sunflower oil
2 Tbsp Bragg Liquid Aminos (salty sauce)

12 cherries, pitted and halved
½ cup hazelnuts, ground

1 In a large bowl, marinate the apples in the oil, lemon juice and Bragg Liquid Aminos.
2 Add the cauliflower and peas, then toss the ingredients together.
3 Add the lettuce, sunflower greens and mint, and give the salad a final mix before serving it on two plates.
4 Sprinkle each plate of salad with 2–3 Tbsp ground hazelnuts and top with the cherry halves.



Dairy-free ice cream

Makes 750mL (25oz)

1 cup young coconut ('jelly') meat
1 Tbsp coconut oil
½ cup cashew nuts, soaked for 4–8 hours
¼ slice fresh lemon, without peel
¾ cup pure water
⅓ cup raspberry tea or coconut water
30 Deglet Noor dates, soaked (or other natural sweetener)
15 drops vanilla essence or 1 tsp vanilla powder
40 cherries, pitted and halved

1 Put aside half the cherries and blend all the other ingredients together in a high-speed blender until it reaches a smooth, creamy consistency.
2 Mix in the rest of the halved cherries, then pour into a freezer-friendly container.

3 Place in the freezer for 4–6 hours.
4 Scoop into a serving bowl, preferably using an ice-cream scoop, and decorate with fresh cherries.



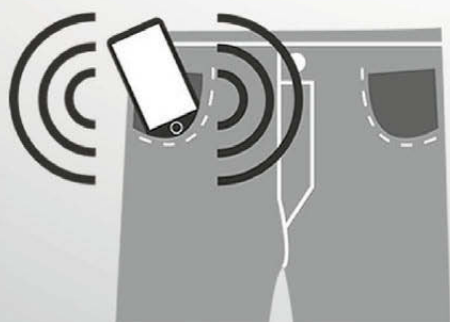
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DIY paracetamol

Ease aches and pains with these kitchen cupboard remedies, says Harald Gaier

Q I'm trying to cut down on my use of painkillers, but not sure what to use instead. Can you offer any natural remedies for those painful problems that seem to crop up from time to time? I mean things like muscle aches, cramps, wounds, mouth ulcers, joint pains, ingrown toenails and the like.

M.M., Liverpool

A Happily, there are lots of simple home remedies for dealing with minor pain problems—as well as some promising natural analgesics for treating chronic conditions. Here are nine kitchen-cupboard alternatives to conventional painkillers and what you can use them for.

3 Krill oil for arthritis

Krill—small shrimp-like crustaceans found in the southern waters around Antarctica—are rich in the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), both well known for their anti-inflammatory properties. In one placebo-controlled study, krill oil effectively reduced arthritic symptoms, including pain, stiffness and functional impairment.²

Suggested dosage: 300 mg/day

1 Tomato juice for cramps

Fresh tomato juice is a rich source of magnesium citrate, which is an effective treatment for muscle cramps in the lower legs. Try drinking a glass of tomato juice to ease cramps when they happen, or before bedtime if you're prone to leg cramps during the night.¹

2 Honey for skin sores

With its anti-inflammatory, antibacterial and antiviral actions, raw honey can be used to treat mouth ulcers, cold sores, cracked lips and an assortment of skin injuries such as minor burns. It speeds up the healing process compared with the conventional skin ointments or creams you can buy 'over the counter', and is said to work partly by reducing concentrations of prostaglandins. These are hormone-like fatty acids that cause pain and inflammation when tissue is damaged or infected.³

Suggested dosage: unpasteurized honey applied directly to sore spots four times a day

4 Horseradish for sinus pain

Generally a chronic condition, sinusitis is inflammation of the mucous membranes that line the sinuses—small, air-filled cavities found on both sides of the nose (behind your cheekbones) and in the forehead—which can cause headaches and facial pain. German researchers discovered that, in addition to having an immediate decongestive effect, horseradish boosts blood flow to the sinuses and increases the body's ability to fight lingering infections.⁴

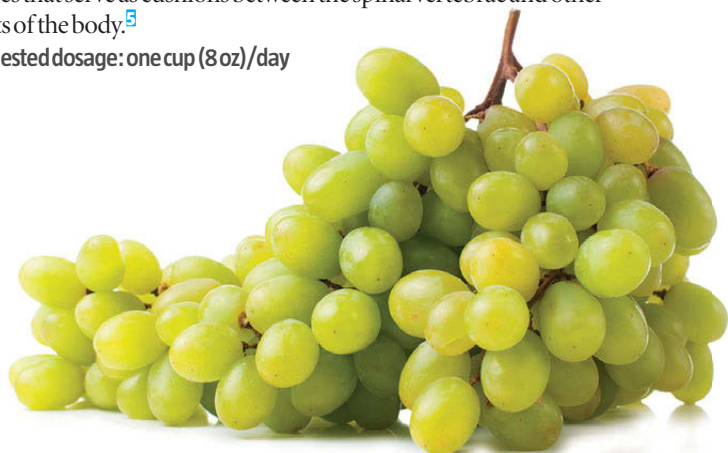
Suggested dosage: one level teaspoon of grated horseradish every day until symptoms have cleared



5 Grapes for backache

Research conducted at Ohio State University found that eating fresh grapes every day can help improve the blood supply to injured back muscles and tissues, sometimes as quickly as within three hours. The blood circulation carries essential nutrients and oxygen, and a greater supply of these are beneficial for the health of the cartilage tissues that serve as cushions between the spinal vertebrae and other joints of the body.⁵

Suggested dosage: one cup (8 oz)/day



6 Water for injuries

Researchers at New York's Manhattan College found that plain water can ease the pain caused by injury. When body tissue is damaged, it produces histamine, which can lead to pain. Water dilutes the amount of histamine in the blood, thereby reducing the level of pain. Also, the fluids that lubricate our joints need to be kept well hydrated, which will also reduce joint pain.⁶

Suggested dosage: eight 8-oz cups of water/day



7 Salty water for ingrown toenails

An ingrown toenail is easily treated in its early stages with just plain old salt, which is a natural antibacterial and anti-inflammatory. Researchers at Stanford University in California demonstrated that soaking your feet in warm salted water can heal painful ingrown-toenail-related infections in around four days. Add a heaped teaspoon of salt to each 8-oz cup of warm water, enough to fill a bowl or footbath. Do this regularly until the infection is gone.⁷ Salty water can also be used to treat a sore throat and gingivitis (inflamed gums).

Suggested dosage: foot/toenail infection: soak for 20 minutes twice daily; sore throat/gums: gargle twice a day



8 Cherries for joint pain and headaches

"Tart cherries have the highest antioxidant and anti-inflammatory content of any food," according to researchers from Oregon Health & Science University, and may be helpful for people with osteoarthritis and other painful joint conditions.⁸ Anthocyanins, the antioxidant compounds responsible for cherries' red colour, are also powerful anti-inflammatories, with effects comparable to those of well-known pain medications.⁹

Suggested dosage: 10.5 fl oz (311 mL) of tart cherry juice twice a day

9 Ginger for aching muscles

If you're sore after exercising, go for ginger. Whether raw or cooked, eating ginger (*Zingiber officinale*) appears to reduce muscle pain following exercise-induced muscle injury. Ginger's main constituent is gingerol, which inhibits the production of pain-inducing hormones.¹⁰

Suggested dosage: 2 g (½ tsp) of raw or heated fresh ginger



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Harald Gaier, one of the UK's leading experts on alternative medicine and a registered naturopath, osteopath, acupuncturist, homeopath and herbalist, practises at The Allergy and Nutrition Clinic, 22 Harley Street, London. Visit his website at www.drgaier.com. If you have a question for our Medical Detective, write to us at the usual address or email:

letters@wddty.co.uk



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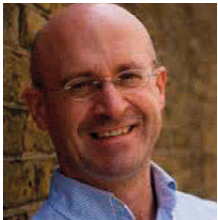
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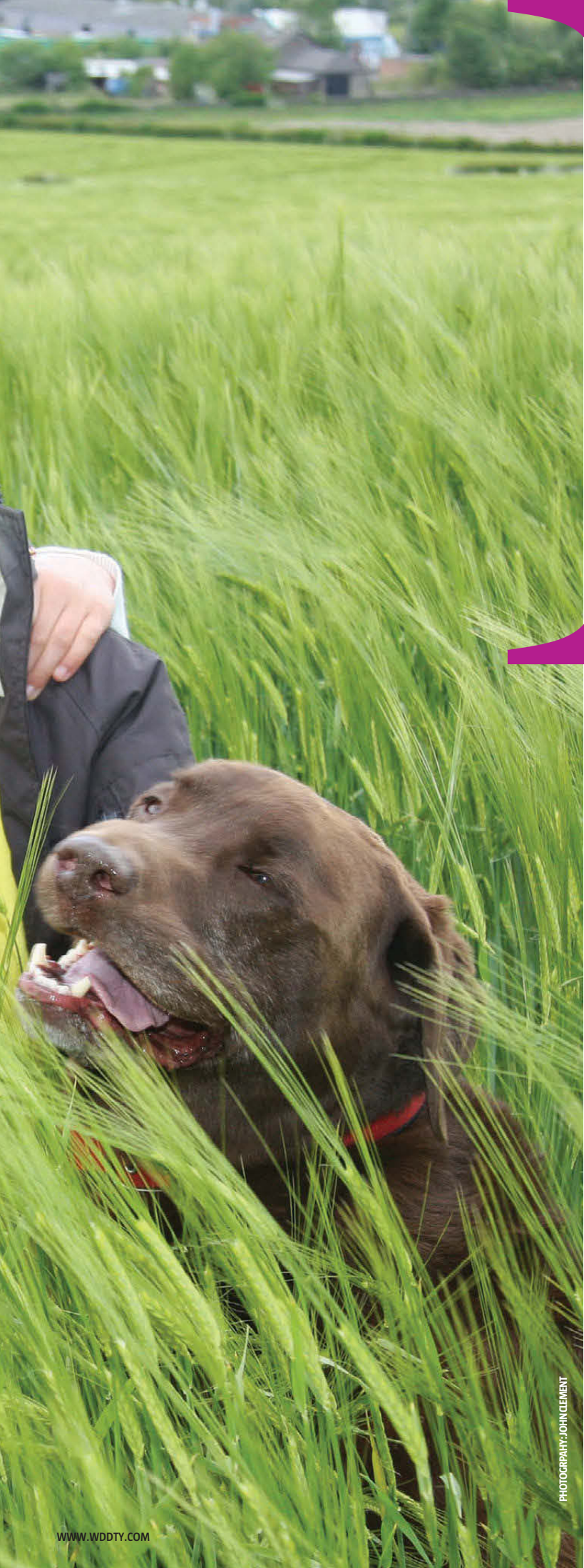
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Wendy Anderson had all the classic symptoms of Lyme disease, yet doctors repeatedly dismissed them. Thanks to her own investigations, Wendy finally found a cure—and made several other life-changing discoveries too

True detective



Lyme disease is something you wouldn't wish on your worst enemy.

It's an infection caused by *Borrelia burgdorferi* bacteria spread by a tick bite that can lead to a litany of debilitating symptoms, including headaches, fatigue, joint and muscle pain, memory problems, confusion, difficulty sleeping, seizures, anxiety and depression. And if you don't catch it early enough, it can be a nightmare to treat—or even to diagnose.

For 38-year-old Wendy Anderson, though, Lyme disease has actually changed her life for the better. At least that's how she now views her four-year battle with the illness, after discovering several successful treatments—and a few things about herself along the way.

It was a beautiful sunny day in Ossett, West Yorkshire, in June 2011 when everything started to change for Wendy. The professional photographer and mum of three had just got back from a walk in the field behind her home with her dog, Charlie, when she noticed a crop of ticks on the chocolate Labrador's fur.

"I was so naïve about ticks then," said Wendy. "I just combed them out and didn't think anything of it." It wasn't until later that Wendy discovered just how serious tick bites can be—and not just for dogs.

Two days after the tick incident, Wendy noticed a strange-looking rash on her calf. At first, Wendy didn't make the connection between the ticks she found on Charlie and the red patch on her skin, but a colleague at work had recently read an article on Lyme disease in a local magazine, and when he saw Wendy's rash, he raised the alarm bells.

"He told me my rash looked like the classic bull's-eye rash seen with Lyme disease, which begins at the site of a tick bite," said Wendy. "Once I'd read the article and seen the pictures of the rash myself, I realized I must have got bitten the same time as Charlie."

After piecing the puzzle together, Wendy made an appointment to see her GP, but he immediately dismissed her concerns. "It can't be Lyme disease because Lyme disease

PHOTOGRAPHY: JOHN CLEMENT

History repeating

One of the good things to come out of Wendy's horrendous battle with Lyme disease was Wendy finding her birth mother, who was tracked down by her doctor after he discovered that Wendy, an adoptee, knew nothing of her familial medical history. This led to Wendy meeting her birth mother, as well as a sister she didn't know she had, for the first time—"the best experience of my life", she said.

Remarkably, Wendy then discovered that her birth mum had health problems that spookily mirrored her own. She'd also been bitten by a tick in her 30s and had suffered life-crippling symptoms for years. Doctors dismissed her suggestion of Lyme disease, just as they had with Wendy, and instead diagnosed her condition as myalgic encephalomyelitis (ME), or chronic fatigue system (CFS).

While the Medical Establishment's ignorance of Lyme disease doesn't appear to have improved over the last 20 years, current estimates suggest there could be up to 3,000 new cases of Lyme in the UK every year. According to the charity Lyme Disease Action, the true number of cases may be even higher.¹

Meanwhile, Wendy's dog, Charlie, had a very different experience. After he developed seizures and other symptoms following several tick bites, Wendy took him her vet, who suspected Lyme disease and got him tested. Although the test came back negative, the vet—aware of the test's possible inaccuracy—prescribed antibiotics anyway, the conventional treatment for humans too.

"My dog actually got better treatment than me!" said Wendy.

Although Charlie did improve, Wendy also treated him with homeopathy and her Scalar Wave Laser, which she said helped with some of the symptoms the antibiotics didn't clear up.

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- 1 www.lymediseaseaction.org.uk/about-lyme/faq/

doesn't exist in this country," he told her. He simply put "insect bite" on Wendy's notes and sent her home, assuring her there was nothing to worry about.

Wendy's rash cleared up three weeks later and she didn't think much more of it. But after a few months, at around Christmas time, Wendy came down with what she thought was the flu.

"I felt absolutely shocking—with aches and pains and exhaustion. After that, my health just seemed to deteriorate."

Fast forward two years and Wendy was bedridden. "I was in so much pain I couldn't even lift my head off the pillow. I was basically a vegetable."

Wendy also suffered mentally. She found herself literally lost for words and could no longer read or write. Even just speaking was a struggle as her brain seemed to be in a constant state of confusion.

Eventually, she had to dissolve the previously successful commercial photography company she had set up with her husband, Simon, 11 years earlier. Wendy even contemplated suicide at one point. It was then she realized she had to take action and do something about her health.

Testing times

Visits to other GPs had been fruitless, so on her "good days", when she could almost function as normal, Wendy started looking into her symptoms herself. She hadn't forgotten her Lyme disease concerns and after a bit of searching, she came across a comprehensive list of Lyme disease symptoms, put together by Dr Joseph J. Burrascano, Jr, one of the most recognized doctors in the field.

"I realized I had nearly every one of the symptoms," said Wendy.

She made an appointment with her current GP and went along, armed with Dr Burrascano's checklist, to request a Lyme disease test. But Wendy's doctor wasn't convinced by her self-diagnosis and refused her the test.

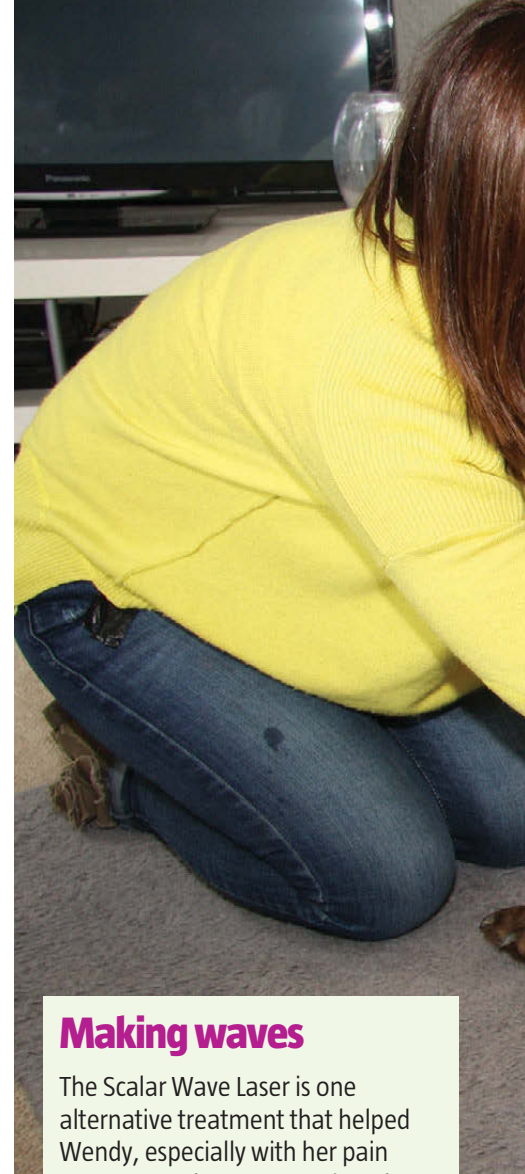
It was only after Wendy made an official complaint that the surgery relented and agreed to the test—just to "appease" her.

Wendy's blood was tested with an ELISA (enzyme-linked immunosorbent assay), an early-stage screening test for Lyme disease. To her disappointment, 10 days later the results came back negative.

From her research, Wendy knew the ELISA test was notoriously unreliable and may not detect up to half of Lyme cases, a situation well covered in the medical literature,¹ but her doctor seemed ignorant of this possibility.

"Even though I had the rash and the symptoms, he said there was nothing they could do because of the test results," said Wendy.

She consulted a different doctor at a different surgery—and five others after that—but got the same response. No doctor would treat her for Lyme disease because the ELISA test had been negative, despite the fact that the UK's National Institute for Health and Care



Making waves

The Scalar Wave Laser is one alternative treatment that helped Wendy, especially with her pain symptoms. She even uses it on her dog, Charlie (pictured).

The Scalar Wave Laser is a handheld device approved by the US Food & Drug Administration (FDA) for the temporary relief of minor muscle, joint and arthritic pain, as well as muscle spasm and stiffness. It relies on low-level laser technology (LLLT), using low-power lasers or light-emitting diodes (LEDs) to alter cellular function.

Exactly how LLLT works is still not known, although according to one review, it clearly has an analgesic effect. Several studies found it effective for a variety of chronic pain conditions and, while the results are mixed, the evidence suggests that LLLT "may be beneficial for many individuals suffering from pain, regardless of the condition that is causing it".¹

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Excellence (NICE) Clinical Knowledge Summaries state that testing is not required for people with the ‘bull’s-eye’ rash (like Wendy’s) because the rash itself is enough for a clinical diagnosis.²

Even the infectious diseases specialist at Leeds General Infirmary told her that, if the test is negative, it “categorically cannot be Lyme disease”.

Positive results

At this point, Wendy realized she had to take matters into her own hands.

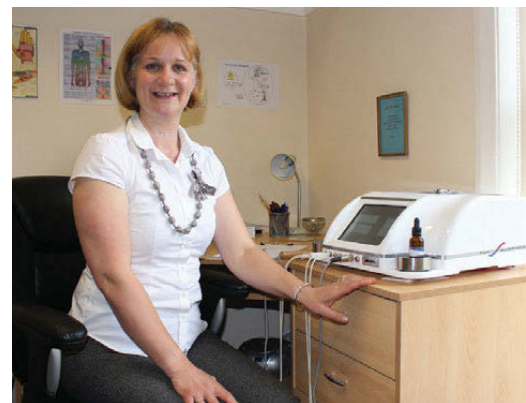
She began to look into alternative ways to treat Lyme disease, and discovered a diet plan that excluded all sugar, gluten, yeast and cow’s milk, and focused on fresh, whole foods including plenty of fruits and vegetables.

After a month of making these dietary changes, she noticed an improvement. “I could actually get out of bed in the morning,” Wendy said.

In her research, Wendy also came across the Breakspear Medical Group, a Hertfordshire-based clinic specializing in the treatment of environmental illnesses, including Lyme disease. The clinic offers a range of different tests for the condition and, after a consultation, Wendy made an appointment to have a polymerase chain reaction (PCR) test, which can detect the DNA of the Lyme disease bacteria.

Wendy’s PCR test was sent to IGeneX, a California-based laboratory specializing in state-of-the-art testing

“The Scalar Wave Laser is one alternative treatment that helped Wendy, especially with her pain symptoms. She even uses it on her dog, Charlie”



The right frequency

Wendy credits bioresonance—specifically, bioresonance practitioner Sarah Bainbridge, at the Life Waves Practice in Whitby, North Yorkshire—as being instrumental in her recovery.

Bioresonance is a type of energy medicine based on the idea that cells in the body communicate with each other through electromagnetic frequencies—an idea advanced by many respected biologists and physicists. After it was postulated that these frequencies might be used to diagnose disease, a number of machines were developed to detect and heal illnesses.

Bioresonance uses a machine that’s said to measure the electrical output of the body to identify any ‘abnormal’ waves linked with disease. At the same time, it generates an equal and opposite wave form, sent back to the patient, that cancels out the ‘disease’ frequencies, so eliminating the problem.

Although bioresonance is often dismissed as ‘pseudoscience’, several studies suggest the method is effective for a variety of rheumatic and respiratory diseases as well as various pain syndromes.¹ In one study from Russia, where the technique is widely used, bioresonance combined with conventional treatment had a 94 per cent success rate in knee osteoarthritis patients compared with only 58 per cent with conventional therapy alone.²

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Today Wendy considers herself 99 per cent recovered from Lyme disease

for Lyme—and the results came back positive.

Finally, four years after having the rash, Wendy had the answer she'd been looking for, although it still wasn't enough to convince her NHS doctors, who tend to ignore tests carried out privately.

Wendy then embarked on a personalized treatment protocol prescribed by Breakspear, comprising the drug artesunate and several supplements, including the herb cat's claw (*Uncaria tomentosa*), and the antioxidants resveratrol, found in the skins of red grapes, and glutathione, a protein crucial for the body's detoxification system.

Artesunate, a derivative of artemisinin, the active component of the Chinese herb *Artemisia annua*, is commonly used to treat malaria, but some experts believe it can also effectively treat a wide range of other infections like Lyme disease.

In Wendy's case, a number of symptoms cleared up after she started taking the drug, particularly her night sweats, dizziness and disorientation, all symptoms associated with infection by *Babesia*—a protozoan malaria-like tick-borne parasite, which often accompanies Lyme disease.

One test-tube study found that artesunate effectively inhibited these parasites' growth, making it a potentially effective treatment for *Babesia* infections.³

Treatment success

Although much improved, Wendy was still suffering from aches and pains throughout her body. Eventually she sought the help of a neighbour—Olwen, an ex-NHS nurse—who owned a local pain clinic.

Olwen treated Wendy with a Scalar Wave Laser, a device that claims to combine low-level ('cold') laser technology with frequency medicine. Miraculously, it seemed to do the trick.

"By the third day, all my pain was completely gone," Wendy said. "It was amazing."

Wendy also credits the treatment with resolving the palpitations and other heart problems she'd been experiencing. She'd been using a handheld

electrocardiography (ECG) device to keep track of any irregularities, and noticed that her heart issues disappeared with the laser therapy.

After investing in her own Scalar Wave Laser, she now uses it in her own home to treat herself and her dog, Charlie, if any symptoms crop up (see page 62).

Through Olwen, Wendy also learned about bioresonance therapy, and began seeing a bioresonance practitioner once a month (see page 63).

"I'd sit in a chair hooked up to the bioresonance machine, and the therapist would be able to tell me which bacteria were lurking in my system and where, using electromagnetic frequencies. These frequencies are used to dissolve the bacteria; it's much more specific than the Scalar Wave Laser.

"Each month the therapist would work on a different organ, and I got better and better after each session."

Back in balance

But there's one more treatment Wendy believes played a big part in getting her health back: homeopathy. Although the other treatments did help her overcome the debilitating symptoms she'd been suffering from for years, she still had several systemic imbalances, she said, including *Candida* (yeast) overgrowth, and taking *Rhus Tox* and *Bryonia*, remedies specifically prescribed for her by a homeopath, helped to address them.

The results were so impressive that Wendy decided to train in homeopathy to help others as well as herself.

Wendy was referred to her homeopath by Professor Steve Green, of the Department of Infection and Tropical Medicine at the Royal Hallamshire Hospital in Sheffield—the only helpful doctor she encountered during her four-year ordeal.

And besides introducing Wendy to homeopathy, Prof Green also came up with another unexpected find: her birth mother, who he tracked down as part of finding out more about Wendy's medical history. They'd never met before, and the two are now overjoyed to be part of each other's lives (see box, page 62).

Today, Wendy considers herself 99 per cent recovered from Lyme disease—and views her experience in a positive light. She's discovered she has a knack for research and investigation, and is currently training to be a private investigator, which she plans to do alongside homeopathy.

"It's been a rollercoaster of a journey, but I've found my birth mum, I've discovered new talents and I've embarked on a new career," she says.

It's amazing what a little detective work can do.

Joanna Evans

For effective ways to cut your chances of being bitten by ticks and other bugs, see page 72

Useful resources and contacts

Lyme Disease Action
www.lymediseaseaction.org.uk

Lyme Disease UK
www.lymediseaseuk.com & www.facebook.com/LymeDiseaseUK

Breakspear Medical
Wood Lane, Hemel Hempstead, Hertfordshire HP2 4FD
tel: 01442 261 333
www.breakspearmedical.com

IGeneX
795 San Antonio Rd, Palo Alto, CA 94303, USA
tel: (001) 650 424 1191
www.igenex.com

Life Waves Practice For Bioresonance Medicine
St Hilda's Business Centre, The Ropery, Whitby YO22 4ET
tel: 07884 250 430
www.lifewaves.co.uk

Scalar Wave Lasers
tel: (001) 877 429 8622
www.scalarwave lasers.com

Dr Joseph J. Burrascano Jr's checklist of Lyme disease symptoms
www2.lymenet.org/domino/file.nsf/UID/guidelines

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Recipe for healthy breasts

Women are taught to be constantly vigilant with regular mammograms, but Dr Christiane Northrup offers 13 good alternative ways to keep your breasts healthy

Did you know that the idea of National Breast Cancer Awareness Month was started by a company that manufactures and sells mammography machines? It concerns me that women feel pressured into thinking of their breasts as two potentially premalignant lesions sitting on their chests.

Many women go on a search-and-destroy mission when they touch their breasts and have even been taught to feel shame or embarrassment about them.

Often the message is that, to have power, you need to have big, bold, firm breasts that will attract men. That's one of the reasons why the number of women getting breast implants ballooned from 101,176 procedures in 1997 to 330,631 in 2012, according to the American Society for Aesthetic Plastic Surgery,¹ even though 40 per cent of women who get implants lose nipple sensation, a very important part of sexuality for most women. Breast implants also render a woman 18 times more likely to develop a rare form of breast cancer called 'anaplastic large-cell lymphoma'.²

It isn't the size or shape of our breasts that gives us true power or attractiveness. Breasts represent nourishment and the deep bonds love can create. Regardless of their size or shape, here are a baker's dozen of ways to truly take care of your breasts.

1 Eat a healthful, low-GI diet with plenty of high-fibre vegetables and plant-based fats

High-fibre vegetables include broccoli and cabbage, turmeric, garlic, onions, tomatoes, kale and collard greens. Enjoy nuts, and flax, hemp or chia seeds. Eat fish or take fish-oil supplements so that you get plenty of omega-3 fatty acids, because these antioxidants lower the risk of breast cancer.

A high-glycaemic index (GI) diet causes insulin resistance over time, and insulin resistance is a risk factor for breast cancer, so cut down on sugars and all grains while including healthy meats, fish, cheese and eggs. Add healthy fats such as coconut oil, avocado, macadamia nuts and flax oil. Don't worry about fats from healthy sources like these.



2 Take antioxidants such as vitamin C

Suggested daily dosage: 1,000–5,000 mg of vitamin C

3 Take coenzyme Q10 (ubiquinone)

Low coenzyme Q10 has been linked to breast cancer, and few of us get much of it in our diets. (Organ meats provide significant amounts of coenzyme Q10, but most women don't eat them.) Low levels can also cause breast pain in menopause. Suggested daily dosage: 10–100 mg, or 70–100 mg if you're at high risk for breast cancer



4 Take vitamin D3

Note that most women require sunlight. Test your vitamin D your doctor or on your own, Optimal levels of vitamin D are 40–80 ng/mL (or 100–150 nmol/L), and research shows that a level of 52 ng/mL cuts your breast cancer risk in half compared with a level of 13 ng/mL.⁸ Suggested daily dosage: 2,000–5,000 IU in supplement form or through sunlight

5 Take iodine

The breasts require about 3 mg of iodine a day for optimal health, and the body itself requires another 9 mg or so. The safest food sources for iodine are kelp and organic eggs. Iodized salt, though better than nothing, isn't the best source because the iodine tends to evaporate out of the salt.

To test whether you're low in iodine, you can buy Lugol's iodine solution from the chemist and put some on your inner arm; it will stain and you should still see it 24 hours later. If not, you're low in iodine.

If you have thyroid issues, increase your iodine levels gradually, ideally under the guidance of a healthcare practitioner such as a naturopath, who is familiar with iodine and thyroid conditions.

Suggested daily dosage: 12.5 mg in supplement form

8 Go braless as much as possible so your lymphatic fluids can flow freely

If you have large breasts, it may be painful to go braless for too long or while you're exercising, but make sure you aren't in your bra all day long, much less at night.

If you have daughters and granddaughters, teach them that freedom is good for breasts. There is no evidence that going braless causes breasts to sag earlier than they would otherwise. Needing bras for 'training' or 'support' is simply a cultural myth—probably invented by a corset manufacturer.

Bras are fashion accessories. They can be a most lovely addition to your wardrobe, but they are not a medical device.



6 Drink in moderation, if at all

Drinking just one or more alcoholic beverages a day puts you at a 60 per cent higher risk of developing breast cancer.

The risks may be greater still for women taking HRT (hormone replacement therapy). Alcohol consumption inhibits the ability of folic acid, a B vitamin, to repair DNA.

If you do drink, take a B-complex supplement, and remember that health is about enjoyment, not addiction. Reaching for a glass of wine as a way to add pleasure to your meal produces an entirely different result from reaching for a glass of wine to quell anxiety or sadness.

7 Don't smoke

Smoking increases the risk of breast cancer.

9 Pay attention to any breast symptoms that suggest the need for hormonal balancing

Sore breasts are often a sign of suboptimal levels of iodine or oestrogen levels that are too high.

The cortisol connection

In perimenopause or menopause, the number-one hormone to be concerned about is not oestrogen or progesterone, or even testosterone, but cortisol. A stress hormone, cortisol is designed to be used by the body in situations of acute stress to help you deal with physical danger quickly.

Whether it's a snake about to bite you, or a bacteria or virus that has entered your system, cortisol temporarily activates the immune system, setting off an inflammatory response in which white blood cells gather around the pathogen to isolate it before attacking it.

The problem is that, if the cortisol and its partner epinephrine (adrenaline) are not cleared from your system quickly and instead linger for days or even weeks or months, they have the opposite effect of lowering your immunity and energy. Chronic fear, anger, sadness and resentment keep stress hormones in your system for too long, breaking down your immunity, thinning your skin and bones, causing weight gain and setting the stage for poor health—including depression, cancer and heart disease.

With your ovaries now decreasing their hormonal output, your adrenal glands take over some of the work of generating progesterone, oestrogen and testosterone—as well as DHEA, which serves as a building block for the other hormones.

But if your adrenal glands, the walnut-sized organs that sit on top of your kidneys, are overproducing cortisol and adrenaline, they will become overworked and overwhelmed by their task of generating stress hormones.

Your multitasking adrenals have to set priorities. They will favour your need for stress hormones, which can then throw off the production and metabolism of your other hormones.

There are three ways to test for hormones: saliva tests; blood tests; and urine tests. After working with all three of these for many years, my favourite—and the one I consider the most reliable at the moment—is serial urine testing, which tests for not only oestrogen, progesterone and testosterone, but also for patterns of stress hormone release, which may mean some extra help is needed for your adrenals.

If your test results and symptoms confirm that you're low in oestrogen, try taking a phytoestrogen—oestrogen derived from plant sources—such as black cohosh, maca, flaxseed and Pueraria mirifica. Favour them over hormone replacement therapy and, of course, avoid the Pill.

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10 Sweat regularly

Sweat is part of the body's natural system for shedding toxins and reducing cortisol levels. Exercise helps you maintain healthy levels of oestrogen and other hormones. Regular exercise decreases the risk of breast cancer probably because it decreases total body fat, and fat can produce excess oestrogen. According to one large study, women who were lean and exercised four hours a week had a 70 per cent reduction in their risk of breast cancer.¹

11 Think twice about having regular mammograms

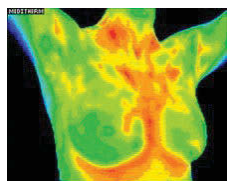
A groundbreaking study showed that routine mammography screening over the last 30 years has resulted in 1.3 million women

being diagnosed with 'cancer' because their mammograms picked up ductal carcinoma in situ (DCIS).² DCIS is not a cancer, but a type of cellular anomaly that women are more likely to die with than from because, in

the vast majority of cases, it will never progress to actual breast cancer. Autopsy studies of healthy women in their 40s who died in car accidents have shown that as many as 40 per cent had evidence of DCIS in their breasts. Hence, scores of women are having radiation, surgery, mastectomies and chemotherapy treatments that are unnecessary.

In 2014, the Swiss Medical Board recommended abolishing all new mammography-screening programmes on the grounds that they do more harm than good. Its report stated: "For every breast cancer death prevented

in U.S. women over 10 years of annual screening beginning at age 50 years, it is estimated that 490 to 670 women would have a false-positive mammogram with repeat examination, 70 to 100 would undergo unnecessary biopsy, and 3 to 14 would have an overdiagnosed breast cancer that would never have become clinically apparent."³



12 Opt for thermography over mammography

Unlike mammography, which involves exposing the chest and breasts to radiation, thermography detects heat in breast tissue that may be due

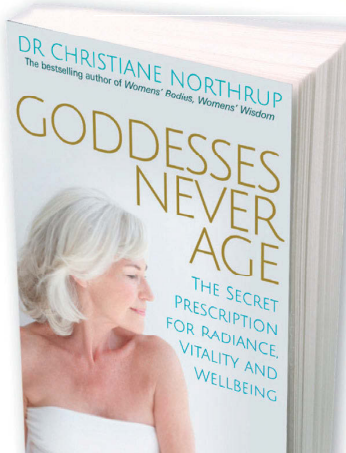
to cellular inflammation; the results change as blood flow to your tissues changes. When blood vessels are being formed to support a cluster of abnormal cells with DNA mutations, the process releases heat that can be picked up on an infrared imaging camera.

In essence, you're seeing potential problems long before they become diagnosable disease. And you can respond by taking action to improve your breast health and doing another thermogram three months later to see if the inflammation has reversed. There are more than 40 years of research studies and more than 800 peer-reviewed studies supporting breast thermography.

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Excerpted from
Dr Christiane Northrup's new book
Goddesses Never Age: The Secret Prescription for Radiance, Vitality and Wellbeing (HayHouse, 2015), £12.99



13 Eliminate negative self-talk about your breasts, and avoid bonding with other women over how you don't like your breasts

Be the first one in your family or group of girlfriends to reject the habit of complaining about breast size and shape. Instead, stand up and proclaim the following: "I have a magnificent set. How about you?" Stand back and see what happens.

Let's change the conversation about our breasts from 'how to avoid breast cancer and detect it early' to 'how to have healthy breasts and enjoy them'.



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WHAT DOCTORS
DON'T TELL YOU

Healthy Shopping

The Insider's Guide to Safer Living

Under the sun

100 per cent natural sunscreens
to guard your skin safely this summer

Bite back

Keep bugs at bay with these
non-toxic insect repellents

COMPILED BY JOANNA EVANS



Bite back

Don't let the bugs bite with these DEET-free insect repellents

Whether you're jetting off to a tropical destination or just taking time out in your own backyard, don't forget to add insect repellent to your holiday shopping list. But before you stock up on whatever your local pharmacy or supermarket has to offer, check out these alternative bug-blockers first.

All are made without N,N-diethyl-metoluamide, better known as 'DEET', a chemical found in most insect repellents that's been keeping biting bugs at bay for more than half a century. While DEET works, it's been linked to a range of adverse effects—from allergic reactions to permanent nerve damage and even death.¹

In contrast, you won't find any potentially harmful synthetic chemicals in the products featured here. All rely on the natural powers of essential oils and other plant ingredients to fend off mosquitoes, midges and other summer pests—and they're surprisingly effective.

Eucalyptus oil, for example, can be just as effective as DEET, providing up to 10 hours of protection,² while citronella oil, derived from certain kinds of lemongrass plants, can work well if frequently applied.³

According to one review, thyme, peppermint, cedar, patchouli and clove oils, along with geraniol (found in geranium, rose and citronella oils), are among the most effective essential oils; they've been found to repel malaria, lymphatic filariasis (elephantiasis) and yellow fever carriers for up to three hours.⁴

Other natural ways to ward off bug bites include covering up arms and legs with suitable clothing (especially important where mosquitoes are active), wearing light-coloured clothing (insects are apparently attracted to dark colours) and avoiding the use of floral-scented perfumes and toiletries.



Best for: herbal power

A.Vogel

Herbal Insect Repellent, £5.49 (50 mL)

www.avogel.co.uk; tel: 0845 608 5858

The star ingredient in this alcohol-based formula is neem seed oil (margosa extract), which has a long history of use as an insect repellent, as well as scientific evidence behind it. One study in India found that neem oil mixed with coconut oil provided complete 12-hour protection against bites from all members of the *Anopheles* (malaria-causing) mosquito family.⁵ Bergamot, rosemary and eucalyptus oils are also included in this product, which claims to deter midges, flies and mosquitoes when applied every three hours.



Best for: potent protection

Incognito

Insect Repellent Spray, £9.95 (100 mL)

www.lessmosquito.com; tel: 0207 792 8687

Powerful yet safe for all the family, this spray is one of a range of all-natural bug-repelling products offered by ethical company Incognito. Others include incense sticks, a hair and body wash, and a moisturizer, but the spray is the brand's hero product; it's clinically proven to provide 100 per cent protection against any mosquito, and its active ingredient—Citrepel 75 (from *Eucalyptus maculata* var *citriodora*, or lemon-scented gum tree)—can even guard against malaria when used in conjunction with an impregnated mosquito net. Simply spritz over skin and/or clothing for five hours of protection against mosquitoes and all other biting insects.



Best for: just in case

Simply Bee

Insect Repellent, £7.90 (25 mL)

www.simplybeeswax.co.uk; tel: 07866 714 392

Those bug-repelling essential oils of lemongrass and citronella are put to work in this all-natural balm, which also contains sunflower oil, coconut oil, beeswax and propolis. Propolis, a sticky substance made by bees from plant resins, has natural antibacterial and anti-inflammatory properties, so you can even use this balm to treat bites and stings. There's not much in the pot, but the mini size makes it perfect for popping in your bag for unexpected insect encounters.

Best for: sensitive skin

Mosquitan

Family Mosquito Patches, £8.95 (24 patches)

www.amazon.co.uk

If your skin can't tolerate essential oils, these little patches are ideal. Each one contains microcapsules of insect-repelling essential oils—citronella, eucalyptus and citriodora—but thanks to the non-permeable adhesive layer, the oils don't come into contact with the skin. You can even stick the patches onto clothing, bedding or furniture if you prefer. Once activated (you simply squeeze the patch to break the microcapsule and release the essential oils' scent), each patch provides four to six hours of protection against mosquitoes and other biting bugs. Suitable for the whole family—even babies.



Best for: smelling good

Intelligent Nutrients

Bug Repellent Perfume Serum, £17 (55 mL)

www.intelligentnutrients.co.uk; tel: 01737 222 563

This all-in-one perfume, moisturizer and insect repellent is a lovely-smelling blend of bug-blocking essential oils—including lemongrass, citronella, peppermint, thyme and clove—in a base of soybean, sesame seed and castor oils. The plant-oil base doesn't just smooth and hydrate, but also 'fixes' the active ingredients (the essential oils) to the skin and extends their insect-repelling action. The formula is alcohol-free, certified organic, and said to keep biting, stinging and scourging bugs at bay.

Best for: kids

Superband

Insect Repelling Wrist Band, £5.00

www.jojomamanbebe.co.uk; tel: 0871 423 5656

Great for little ones who hate getting sprayed or smothered with liquid repellents, this waterproof band is designed to keep bugs away when worn on the wrist or ankle. The plastic's obviously not natural, but the active ingredients are: geraniol, lemongrass and citronella oils, all infused into the structure of the plastic itself and released overtime. It's suitable for children aged over three (one size fits all) and can be used by adults and pets too.



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Healthy Shopping
The Insider's Guide to Safer Living

Under the sun

Protect your skin safely this summer with these non-toxic sunscreens

Shopping for a sunscreen is hard enough without worrying about the long list of impossible-to-pronounce ingredients on the label. But sadly there's reason to worry: some of these ingredients could be seriously bad for your health—particularly the chemical filters used in most sunscreens to protect your skin from the sun's ultraviolet (UV) rays.

Oxybenzone (also known as benzophenone-3) is one of the most hazardous. Studies show it can penetrate the skin (it's been found in 96 per cent of urine samples in the US), and have hormone-disrupting and cell-damaging effects.¹ It's even been linked to endometriosis, a leading cause of female infertility.²

Other sunscreen agents to watch out for include octocrylene and avobenzone, both associated with high rates of skin allergy, and homosalate, another known hormone disruptor.³

The good news is that, as the dangers of chemical-based sunscreens have become more widely known, the demand for safer alternatives has grown—and there's now more choice than ever. Most make use of the natural mineral filters zinc oxide and titanium dioxide, which reflect or absorb light and don't penetrate the skin. Zinc oxide seems to be the best choice as it's stable in sunlight and provides better broad-spectrum protection than titanium dioxide.⁴

So you don't have to be an ingredient detective yourself, we've scanned the labels of the latest sunscreens to bring you the products that protect you from the sun naturally, safely and effectively, using either zinc oxide, titanium dioxide or a mixture of the two. All contain only naturally derived ingredients and are free of noxious skincare nasties like parabens, phthalates and artificial fragrances.

Don't forget, though, that applying sunscreen isn't a licence to bake all day in the sun. In fact, recent research suggests that sunscreen alone can't be relied upon to protect against malignant melanoma, the deadliest form of skin cancer.⁵ Avoid prolonged exposures, especially between 11 am and 3 pm, when the sun's rays are at their strongest, and use a combination of natural sunscreen, clothing and shade to keep you and your skin safe.



Best for: high protection

Melvita

Prosun High Protection Sunscreen SPF 50, £20 (40 mL)

uk.melvita.com; tel: 0800 138 7045

Designed for the face but also great for those other areas particularly prone to burning, like the chest and shoulders, this lovely-smelling formula is a blend of zinc oxide and titanium dioxide, plus a mix of moisturizing plant oils, including argan, baobab and buriti fruit oils. It's non-whitening and easily absorbed despite the high SPF, and certified organic by Ecocert.

Best for: kids and sensitive skin

Aubrey Organics

Natural Sun SPF 45 for Kids, £12.99 (118 mL)

www.lucyrose.biz; tel: 01989 750 354

This moisturizing sun cream is unscented (there's not even a whiff of an essential oil), so it's perfect for children's more sensitive skin—and sensitive-skinned adults too. It relies on zinc oxide alone to block the sun's rays, which is ideal as zinc seems to be the safest and most effective sunscreen ingredient available. But the large amount of the mineral means it can have a whitening effect on the skin. This shouldn't bother kids too much, but if it bothers you, go for one of Aubrey's lower SPF formulas and reapply regularly. All Aubrey's sun creams are water-resistant for a full 40 minutes.



Best for: babies

100% Pure

Baby Sunblock SPF 30, £11 (17 g)

uk.100percentpure.com; tel: +331 5652 9003

Sun exposure is not recommended for children aged under six months, but if a little sun on your baby's skin is unavoidable, this high-protection, irritant-free sunscreen stick is ideal. It contains a blend of zinc oxide and titanium dioxide to provide broad-spectrum UVA and UVB protection, plus lots of skin-softening and soothing ingredients like argan oil, *Calendula* extract, cocoa butter and avocado oil. It can be used on both the face and body, and its miniature size makes it perfect for popping into your bag so it's always on hand for emergencies.





Best for: organic ingredients

Neal's Yard Remedies

Lemongrass Moisturizing Sun Lotion SPF 15, £20 (150 mL)
www.nealsyardremedies.com; tel: 0845 262 3145

Neal's Yard Remedies has a brand new range of sun creams for 2015, which provides broad-spectrum UV protection courtesy of that trusted combo: zinc oxide and titanium dioxide. All the formulas (there's an SPF 30 and 50 as well as this SPF 15) are naturally water-resistant and packed with goodies your skin will love. This one contains the highest percentage of organic ingredients (72 per cent) in the range, including karanja and baobab oils, beeswax, shea butter, and lemongrass and lavender essential oils. It rubs in well and leaves skin feeling soft and looking smooth.

Top tips

If the products listed here don't meet your needs, US consumer watchdog Environmental Working Group (EWG) provides a comprehensive guide to what to look for in a sunscreen—and what to avoid—plus you can search for specific ingredients and products on its Skin Deep database.⁷ Here are a few tips on what to choose:

- **Creams, not sprays**, because sprays cloud the air with tiny particles that may not be safe to breathe in
- **Antioxidant-rich formulas**, which fight free radicals and protect against premature ageing
- **Products free of vitamin A** (labelled as retinyl palmitate or retinol), which can enhance the growth of skin lesions and tumours in the presence of sunlight.

Best for: under makeup

Kimberly Sayer

Ultra Light Organic Facial Moisturizer SPF 30, £26.50 (120 mL)
www.lovelula.com; tel: 0800 731 1256

Created by British aesthetician and organic skincare expert Kimberly Sayer, this lightweight moisturizer with added SPF is designed to defend your delicate facial skin from the sun without clogging pores and causing breakouts. Zinc oxide and titanium dioxide provide the proven protection, while aloe vera juice soothes, lecithin hydrates and green tea extract fights against skin-ageing free radicals. It won't leave the skin greasy-looking and makes a great base for makeup.



Best for: the environment

EQ Evoa

SPF 30 High Protection Sunscreen, £15.92 (50 mL)
www.mondebio.co.uk; tel: +33 9 5441 0410

EQ Evoa sunscreens are the first in the world proven to be eco-compatible and scientifically approved for use in coral reefs, which can be damaged by chemical sunscreens. This product is water-resistant, certified organic, and uses titanium dioxide alone to block UVB and short-wave UVA rays, combined with free-radical-fighting antioxidants like vitamin E and olive oil. Olive oil is a particularly useful addition, as it has a component found to protect against skin damage from long-wave UVA radiation.¹³ Don't be put off by 'parfum' on the ingredients list; it's a 100 per cent natural blend of essential oils.



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A dose of D

While it's vital to protect your skin from the sun, it's also important to expose your skin to the sun for a few minutes a day without sunscreen to keep your vitamin D levels topped up. About 15 minutes a day should do the job, but this depends on your skin type. You want your skin to redden slightly, but not burn.

Best for: low protection

Caribbean Blue Naturals

All-Natural Sunscreen SPF 8, £14.50 (120 mL)
www.thenaturalskincarecompany.co.uk; tel: 01403 790 913

If your skin's the type that rarely burns and you want just a little extra protection, this easily absorbed SPF 8 cream could be the one for you. Like the rest of the Caribbean Blue sunscreen range, this was developed by naturopathic doctors and contains zinc oxide to protect against UVA and UVB rays, plus a blend of all-natural oils, extracts and antioxidants to nourish and defend the skin.



Best for: antioxidants

Dr Mercola

Broad Spectrum Sunscreen SPF 15, £15.99 (236 mL)
www.evolutionorganics.co.uk; tel: 0345 3700 006

As well as the active ingredient zinc oxide, this hypoallergenic and water-resistant sun cream contains a cocktail of top-notch antioxidants like green tea extract, pomegranate extract, astaxanthin and vitamin E—included for their ability to fight free radicals and protect against premature skin-ageing. It's brimming with natural moisturizers too, and is top-rated by US consumer watchdog Environmental Working Group (EWG).



Best for: lips

Hurraw!

Sun Protection Balm SPF 15, £4.49 (4.3 g)
www.lovelula.com; tel: 0800 7311256

Don't forget your lips when it comes to sun protection. This creamy balm contains zinc oxide to block both UVA and UVB rays, plus a load of cold-pressed plant oils like sweet almond, olive, pomegranate seed and sea buckthorn oils to moisturize, protect and heal. Unlike some zinc-based lip protectors, this one goes on virtually clear—there's no horrible white tint—and it smells nice too.



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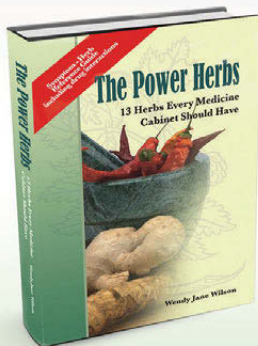
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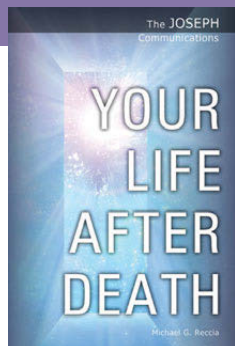
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August 2015
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'How I reversed my Crohn's disease'

Nutritionist Karen Ward explains how she reversed her Crohn's disease and came off powerful drugs like steroids after having "a light-bulb moment" to radically change her diet and eat her way back to good health.

Drugs overkill

How a 14-year-old was given powerful drugs — including one that can cause cancer or TB (tuberculosis), and another that is a chemotherapy agent — to treat her colitis.

Recovering from ME

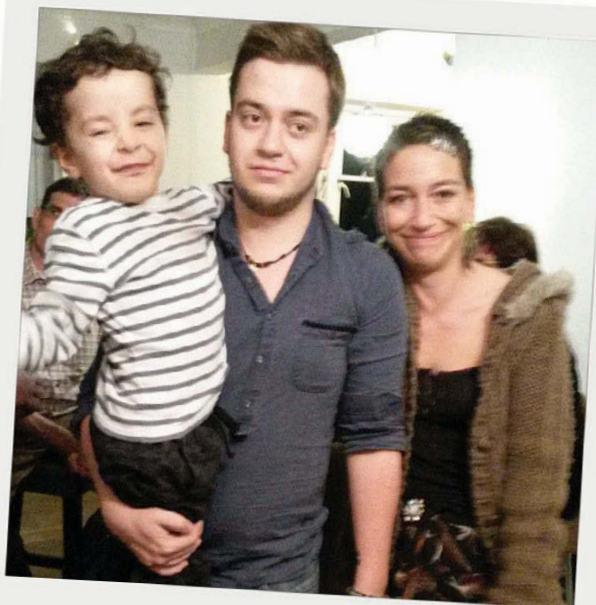
British GP Dr Sarah Myhill has successfully brought thousands of patients back from a life spent in bed by treating this puzzling illness as a type of 'metabolic dyslexia'. Follow her programme and get your body's energy powerpacks — the mitochondria — working at full throttle again.

Flexible and fat burning

Yoga's not just for flexibility. Next in our special series on yoga, Charlotte Watts features new evidence that this subtle exercise can even help with weight loss. Here's how to stretch and breathe your way to a perfect summer body.



Mind games



Sarah Kiener suffered an inexplicable loss of memory, and was strapped down in a high-security ward and given nine drugs to treat her 'mental illness'

Mental illness is one of the last taboos. It's strange and frightening, and we don't want to confront it. Medicine reflects this primitive fear in its own approach to the issue, and uses powerful drugs—often called 'chemical coshes'—to suppress and sedate sufferers.

Sarah Kiener, 43, is testament to that. Her own 'dark night of the soul' started on the hottest day of the summer of 2006. She's still not sure why it happened—whether it was heat stroke or a panic attack after she had split from her partner—but she awoke in the middle of the night, put her clothes on and started wandering about the neighbourhood. "I was confused, and I didn't know where I was. I seemed to have suddenly lost my memory," said Sarah.

She found herself in a neighbour's garden, and the people in the house

telephoned the police. The police drove her around the neighbourhood, but she was unable to recognize her own home. They eventually took her to the local hospital in Lewisham in Southeast London, close to where she lived at the time, and handed her over to the hospital staff there.

They immediately suspected she was a patient from a psychiatric hospital, but they also carried out tests to see if she had taken any illicit drugs. Although there were no signs of illegal drug use, the staff was convinced she had a urinary tract infection (UTI) and decided to treat it with a very powerful antibiotic, norfloxacin. "I knew I didn't have cystitis, and I certainly didn't want to take any of their drugs," she said.

Sarah was moved to a high-security ward, where she was strapped down and the drugs delivered intravenously. In all, she was given eight or nine other drugs—Sarah lost count of the number—to sedate her and treat her supposed psychosis and UTI.

Although she fully regained her memory within a couple of days, she was nonetheless sectioned under the Mental Health Act, which passes all powers from the patient to the doctor.

"I didn't want their drugs, so I was seen as a non-compliant patient. The sleeping pills

were some of the worst because they made me a zombie, and I didn't have feelings any longer."

She was very aware that the cocktail of drugs was making any problems she might have worse. The sedatives were actually making her feel psychotic, and the norfloxacin, a chemotherapy antimicrobial, was causing her hair to fall out and her weight to quickly balloon.

Her homeopath sent her some remedies, but these were confiscated by the hospital staff, who considered them "dangerous". Other drugs she was given made it impossible for her to stand still, and she couldn't stop shaking.

After several days, she was transferred to Bethlem Royal Hospital in Beckenham, the world's oldest psychiatric hospital, once known as 'Bedlam'. She escaped from the hospital several times and went home, but was sectioned and brought back. Sarah kept refusing drug treatment, which by this time also included a powerful antiepileptic. Eventually, she realized she had to be seen as compliant if she was ever going to be allowed to leave.

In January 2007, five months after finding herself in someone else's garden, Sarah was transferred to the Foxley Lane Women's Service in Croydon, a small psychiatric unit run by women for women. By this time, she was off all drugs and, as she says, "trying to piece my life together". She was allowed to come and go and, after five weeks, she left altogether.

Since then, she has found a new partner and now has a three-year-old to add to her two other children. She's recently become a grandmother.

To this day, Sarah still doesn't quite know what happened to her that night in 2006. She has an official diagnosis of bipolar disorder, but that doesn't feel right to her, any more than the cystitis diagnosis did on that first night in hospital.

It was a terrifying journey, but one she's glad she made. Along the way she met some remarkable people, the sort we prefer to lock away and sedate. Sarah is also sure many of us have 'mental episodes' that can't be explained and that we shouldn't necessarily fear or hide from.

That's why she has the courage to tell her story—because, one day, it might be yours too.

"The sleeping pills were some of the worst because they made me a zombie, and I didn't have feelings any longer"

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Sue Pash began her studies
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